



Pork Chops with Roasted Apples and Onions

CookingLight

Pork chops and apples make a perfect pairing for a quick meal that feels like fall.

- **Yield:**

Serves 4 (serving size: 1 chop, about 1 tablespoon sauce, and 3/4 cup apple mixture)

Photo by: Photo: Johnny Autry, Randy Mayor; Styling: Cindy Barr, Lindsey Lower

Ingredients

2 1/2 teaspoons canola oil, divided	1/2 teaspoon freshly ground black pepper, divided
1 1/2 cups frozen pearl onions, thawed	4 (6-ounce) bone-in center-cut pork loin chops (about 1/2 inch thick)
2 cups Gala apple wedges	1/2 cup fat-free, lower-sodium chicken broth
1 tablespoon butter, divided	1/2 teaspoon all-purpose flour
2 teaspoons fresh thyme leaves	1 teaspoon cider vinegar
1/2 teaspoon kosher salt, divided	

Preparation

1. Preheat oven to 400°.
2. Heat a large ovenproof skillet over medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Pat onions dry with a paper towel. Add onions to pan; cook 2 minutes or until lightly browned, stirring once. Add apple to pan; place in oven. Bake at 400° for 10 minutes or until onions and apple are tender. Stir in 2 teaspoons butter, thyme, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
3. Heat a large skillet over medium-high heat. Sprinkle pork with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Add remaining 1 1/2 teaspoons oil to pan; swirl to coat. Add pork to pan; cook 3 minutes on each side or until desired degree of doneness. Remove pork from pan; keep warm. Combine broth and flour in a small bowl, stirring with a whisk. Add broth mixture to pan; bring to a boil, scraping pan to loosen browned bits. Cook 1 minute or until reduced to 1/4 cup. Stir in vinegar and remaining 1 teaspoon butter. Serve sauce with pork and apple mixture.

Nutritional Information

Amount per serving

Calories 240 Fat 10 g Satfat 3.3 g Monofat 4.1 g Polyfat 1.4 g Protein 24.9 g Carbohydrate 11 g
Fiber 1.5 g Cholesterol 84 mg Iron 1 mg Sodium 379 mg Calcium 28 mg

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