

# Pork and apple skillet dinner

Apples, with their touch of sweetness, are a perfect complement to pork chops. This is a delicious weeknight meal that comes together with little fuss. Serve these pork chops with mashed sweet potatoes or brown rice.



30 mins or less



PREP TIME  
10 min



COOK TIME  
10 min



SERVINGS  
4

## Ingredients

- 5 mL (1 tsp) canola oil
- 2 cloves garlic, minced
- 5 mL (1 tsp) dried thyme leaves
- 1 mL (1/4 tsp) fresh ground pepper
- 4 boneless pork loin chops, about 500 g/1 lb
- 2 red skinned apples, cored and sliced
- 125 mL (1/2 cup) sodium reduced chicken or vegetable broth
- 5 mL (1 tsp) Dijon mustard
- 2 mL (1/2 tsp) cornstarch

## Directions

1. In a bowl, combine oil, garlic, thyme and pepper; add pork chops and rub mixture all over.
2. Heat a large nonstick skillet over medium high heat and brown pork chops on both sides. Remove to plate and add apple slices to pan; cook, stirring for 2 minutes.
3. Whisk together broth, mustard and cornstarch; pour into skillet. Stir to coat apples. Return pork chops to skillet and cook, turning once, for about 3 minutes.\* Use a digital food thermometer to check that pork has reached an internal temperature of 71°C (160°F).

## Tips

- ✓ Save money by buying **larger packages** of pork loin chops and **freeze the extras** for another meal.
- ✓ Switch up the **type of apple**. See what's available at your grocery store or farmers' market.
- ✓ Take this recipe to a whole new level by **swapping out apples for pears**.

Recipe developed by Emily Richards, P.H. EC for the Heart and Stroke Foundation. Reproduced with permission from the Heart and Stroke Foundation of Canada.

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