



Pork Chops with Apple Chutney



Directions:

1. For Apple Chutney: Combine the onion, ginger, orange juice, vinegar, brown sugar, mustard seeds, red pepper flakes, thyme and apples in a medium-size saucepan. Bring to a boil over medium-high heat, stirring occasionally. Reduce the heat and simmer for 50 minutes to 1 hour, stirring occasionally, until most of the liquid has evaporated. Stir in the raisins and serve over pork chop

2. For Pork Chop: Combine the rosemary, thyme, and black pepper in a small bowl. Rub pork with olive oil and sprinkle all sides with the herb mixture. Bake for 20 to 25 minutes at 450F, until internal temperature of 140F.

Nutrition Facts: 246 cal, 10 g fat, 21 g carb, 19 g pro, 135 mg Na+, 2 g fiber

Ingredients:

2 boneless pork chops, fat trimmed
1 teaspoon fresh rosemary, minced
1 teaspoon fresh thyme, chopped
1 pinch black pepper
1 teaspoon olive oil

Yield: 2 servings

Time: 1 hour

For the Apple Chutney:

1 small yellow onion, diced
1/8 teaspoon ground ginger
1/2 cup orange juice
1 Tablespoon apple cider vinegar
1/8 cups light brown sugar, lightly packed
1/8 teaspoon ground mustard
1 pinch crushed red pepper flakes
1 cup Granny Smith Apples, diced
1 Tablespoon raisins