

# 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.  
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