



Lifestyle Wellness Academy

NUTRITION PER SERVING:

CALORIES	232
PROTEIN	18 G
CARBOHYDRATE	25 G
TOTAL FAT	7 G

PREP TIME:	10 MINUTES
COOK TIME:	30 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 PORK CHOP, ¼ C SAUCE, 2 ORANGE SEGMENTS

FOR PORK CHOPS:

4	BONELESS PORK CHOPS (ABOUT 3 OZ EACH)
¼ TSP	GROUND BLACK PEPPER MEDIUM
1	ORANGE, RINSED, FOR ¼ TSP ZEST (USE A GRATER TO TAKE A THIN LAYER OF SKIN OF THE ORANGE;
½ TBSP	SAVE THE ORANGE FOR GARNISH)

FOR SAUCE:

¼ C	LOW-SODIUM CHICKEN BROTH
1	1 MEDIUM APPLE, PEELED AND GRATED (ABOUT 1 C) (USE A GRATER TO MAKE THIN LAYERS OF APPLE)
½	CINNAMON STICK OR 1/8 TSP GROUND CINNAMON
1	BAY LEAF
½ C	DRIED CRANBERRIES OR RAISINS
½ C	100 PERCENT ORANGE JUICE



BAKED PORK CHOPS WITH APPLE CRANBERRY SAUCE

...A WONDERFUL FRUIT SAUCE ADDS THE PERFECT TOUCH TO THESE PORK CHOPS—TRY SERVING WITH A SIDE OF BROWN RICE AND STEAMED BROCCOLI

- 01 Preheat oven to 350 °F.
- 02 Season pork chops with pepper and orange zest.
- 03 In a large sauté pan, heat olive oil over medium heat. Add pork chops, and cook until browned on one side, about 2 minutes. Turn over and brown the second side, an additional 2 minutes. Remove pork chops from the pan place them on a nonstick baking sheet, and put in the oven to cook for an additional 10 minutes (to a minimum internal temperature of 160 °F).
- 04 Add chicken broth to the sauté pan and stir to loosen the flavorful brown bits. Set aside for later.
- 05 Meanwhile, place grated apples, cinnamon stick, and bay leaf in a small saucepan. Cook over medium heat until the apples begin to soften.
- 06 Peel the orange used for the zest, and cut it into eight sections for garnish.
- 07 Serve one pork chop with ¼ cup of sauce and two orange segments.

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