



Curried Pork Chops with Apples

INGREDIENTS (Yield: 4)

- 4 (4-ounce) lean pork chops
- ¼ teaspoon salt
- ¼ teaspoon coarse ground pepper
- 1 tablespoon canola oil
- 1 medium onion, chopped
- 1 tablespoon curry powder
- 1 Granny Smith apple, cored and chopped
- ¼ cup golden raisins
- 1 cup reduced-sodium fat-free chicken broth
- 3 tablespoons chili sauce
- 3 tablespoons apricot preserves
- 2 cups cooked brown rice, hot
- 2 tablespoons peanuts, chopped

NUTRITION INFORMATION: 271
 Calories; 5 grams Fat; 1-gram Saturated Fat; 66 mg Cholesterol; 228 mg Sodium; 25 grams Carbohydrates; 2 grams Fiber; 30 grams Protein

DIRECTIONS

1. Trim excess fat from pork. Combine salt and black pepper in a small cup and rub surface of pork with salt and pepper mixture. Heat oil in a large nonstick skillet over medium heat. Add pork chops and cook 3 to 4 minutes on each side. Transfer pork chops to a plate and keep warm.
2. Add onions to skillet and cook for 5 minutes or until soft. Stir in curry powder and cook 1 minute. Add apple, raisins, broth, chili sauce and apricot preserves. Stir to combine and bring to a boil.
3. Return pork chops to skillet. Cover, reduce heat to medium-low and cook 10 to 12 minutes or until done (pork should reach an internal temperature of 145°F).
4. Remove from heat and serve over rice; sprinkle with chopped peanuts.