



## Pork Chop with Apples

4 servings

2 medium	Red Delicious apples
2 tsp	Butter or margarine
1-1/2 Tbsp	Lemon juice
pinch	Cloves, ground
pinch	Cinnamon, ground
4, 6 oz	Pork chops, outer fat removed



Peel, core and slice apples. Place apples, butter/margarine and lemon juice in a medium saucepan with a lid over low heat for 5-8 minutes. When apples are soft, add cinnamon and cloves and 'mash' with a fork. Meanwhile, heat the oven broiler or outdoor grill. Place pork chops on a broiler pan sprayed lightly with cooking oil spray. Cook about 4 inches from the oven broiler heat source or place on the outdoor grill. Cook for about 5 minutes on each side, depending on thickness. Spoon apple mixture over chops and broil 3-4 minutes longer.

### Recipe Nutrition per serving

328 calories; 32 gm protein; 8 gm carbohydrate; 18 gm total fat; 7 gm saturated fat; 0 trans fat; 100 mg cholesterol; 1 gm fiber; 87 mg sodium