

Eat Smart • Move More

Skillet Pork and Apples

Prep Time: 15 minutes

Total Time: 50 minutes



Ingredients

- 4 pork loin chops
- 1 teaspoon ground cinnamon
- ½ teaspoon ground black pepper
- 2 teaspoons olive oil
- 4 apples, cored and thinly sliced
- ⅓ cup water

Nutrition Facts

4 servings per container	
Serving size	1 serving (289.81g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 70mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	18%
Total Sugars 19g	
Includes g Added Sugars	
Protein 19g	
Vitamin D 0.3mcg	0%
Calcium 30mg	2%
Iron 0.7mg	4%
Potassium 490mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

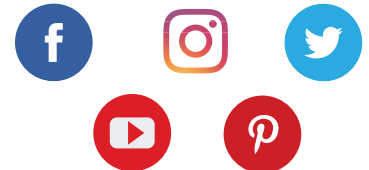
Directions

- Season pork chops with cinnamon and black pepper.
- Heat oil in a skillet to medium heat. Add pork chops and brown on both sides.
- Add apples and water to the skillet. Cover and reduce heat to medium-low. Cook for 10-12 minutes or until pork reaches 145°F.

Quick Tips

- ▶ Always wash produce before cutting.
- ▶ Food safety tip: Pork is thoroughly cooked when internal temperature on a meat thermometer reaches 145°F.
- ▶ Pair this dish with a side of steamed broccoli or brussel sprouts.

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This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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(Recipe adapted from: <https://www.bettycrocker.com>.)

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