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Baked Apple Chops

Portions : 4

INGREDIENTS

4 thick (3-4oz) boneless pork chops, trimmed
2 of your favorite medium to large apples, peeled, cored and thinly sliced
4 cloves minced or roasted garlic
1 medium mildly sweet onion or 4 green onions, diced
salt and pepper to taste
1/2 cup apple juice
1tsp olive oil

Preheat oven to 350.

In a skillet, over medium heat, heat olive oil until it just begins to spread in the pan. Add onions and apples, sauté just until soft. If using minced garlic, add to pan as well and cook for another minute. If using roasted garlic, add it with salt and pepper. Set aside.

Cut a large slit in pork chops and brown slightly on each side. Toss apple mixture with salt and pepper to taste. Fill chops with mixture and place in a casserole dish. Pour apple juice over chops, and bake, covered, about 20 minutes, or until no longer pink. Uncover and continue cooking until the chops begin to brown, about 10 minutes.

Recipe courtesy of Melissa Knabe, MSU Health and Human Development