

APPLE BAKED *Pork Chops*

\$2.75

per serving

30 MINUTES
OR LESS

4 INGREDIENTS

Buy Local!

4 (or more) Pork Chops

(preferably from an organic source)

2 (or more) apples, peeled and sliced into thin slices

1/4 cup Balsamic Vinegar (optional but good)

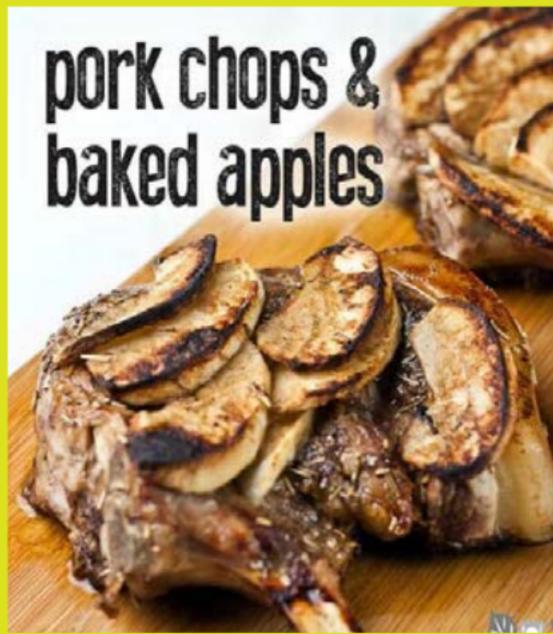
Salt, pepper and rosemary to taste

2 Tablespoons butter

Optional sides:

Baked Zucchini, Fresh Greens

**pork chops &
baked apples**



*highlighted ingredients can be bought at the market!



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HOW TO: APPLE BAKED PORK CHOPS

1. Preheat oven to 350.
2. Melt butter in baking dish and place pork chops in.
3. Season with salt, pepper, rosemary and any other desired spices and pour balsamic vinegar over all.
4. Top with apples (I saute them in butter first to make sure the apples get soft)
5. Bake in oven 20-30 minutes until an internal temp of at least 140.
6. Alternatively, you could cook pork chops and apples together in large skillet. This only takes about 15 minutes.
7. Serve with salad and oven baked zucchini.

why is it healthy?

APPLES

Apples are full of fiber! This helps reduce risk of diabetes, reduce cholesterol, detox the liver, control weight, and boost immunity! And they whiten teeth!

PORK CHOPS

With 24g of protein per 100g serving, pork chops are a great source of B Vitamins and Iron rich protein.

ROSEMARY

The herb not only tastes good in culinary dishes such as rosemary chicken and lamb, but it is also a good source of iron, calcium, and vitamin B6

This recipe is from **Wellness Mama**

Go to wellnessmama.com to see more recipes!

<http://wellnessmama.com/1513/apple-pork-chops/>

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