

# Apple Sage Pork Chops

- **1 tablespoon** flour
- **1 teaspoon** dried sage
- **2 tablespoons** garlic powder
- **1/2 teaspoon** ground thyme
- **1 teaspoon** salt
- **4** boneless center cut pork chops
- **2 tablespoons** oil
- **1/2** large onion, thinly sliced
- **2** thinly sliced red apples
- **1 cup** unsweetened apple juice
- **2 tablespoons** brown sugar (optional)

**Wash** hands with soap and warm water, **scrubbing** for at least 20 seconds. **Gently clean** all produce under cool running water. **Mix** flour, sage, garlic, thyme, and salt together in a small bowl. **Sprinkle** 1 1/2 tablespoons of the mixture over both sides of the pork chops. Remember to **wash** hands after handling raw meat. **Heat** oil in a large skillet over medium-high heat. **Sear** pork chops for 2 to 3 minutes on each side. Pan will smoke a little. **Remove** pork chops from the pan and set aside. **Reduce** heat to medium. To the same skillet, **add** onion and **cook** for 2 minutes, or until soft. **Add** apples, and **continue cooking** until tender, about 2 minutes. **Add** apple juice, brown sugar, and remaining spice mixture and stir to dissolve. **Return** pork chops to the skillet by nestling them in the pan. **Bring** the liquid to a boil, **reduce** heat to low, and **simmer** for 5 minutes or until the pork is cooked through and reaches 145 degrees F on a food thermometer. **Refrigerate** leftovers within 2 hours.

**Yield:** 4 servings. **Nutrition Analysis:** 310 calories, 10g total fat, 1.5g saturated fat, 50mg cholesterol, 660mg sodium, 35g total carbohydrate, 3g fiber, 25g total sugars, 7g added sugars, 22g protein, 6% DV vitamin D, 2% DV calcium, 6% DV iron, 15% DV potassium.



# Kentucky Apples

**SEASON:** Early summer through December

**NUTRITION FACTS:** Apples are high in fiber and contain a good amount of vitamin C and potassium.

**SELECTION:** Look for firm, crisp, well-colored fruit. Avoid those with shriveled skin, bruises, worm holes, and decayed spots. Always handle apples gently to avoid causing bruises, blemishes, or other defects.

**STORAGE:** Use those with bruises or skin breaks as soon as possible. Apples that are slightly underripe should be stored in a cool place to ripen. Once ripe, apples will keep a week or longer stored in the refrigerator vegetable drawer or in a plastic bag.

**PREPARATION:** Raw apples will darken when the cut surface is exposed to the air. Protect cut or peeled apples from darkening by squeezing a bit of lemon juice on the cut surface.

## Kentucky Proud Project

County Extension Agents  
for Family and Consumer Sciences  
University of Kentucky, Dietetics  
and Human Nutrition students

Source: [FruitsAndVeggies.org](http://FruitsAndVeggies.org)

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[PlateltUp.ca.uky.edu](http://PlateltUp.ca.uky.edu)



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