

Cranberry Pork Chops - recipe from TheOtherWhiteMeat.com

Times: 10 minutes prep, 25 minutes cook

Ingredients:

6 boneless pork loin chops, 1/2-inch thick

1 teaspoon butter

1 teaspoon oil

1 cup onion, chopped

1/3 cup carrots, chopped

1 1/4 cup chicken broth

2 tablespoons sugar

2 tablespoons red wine vinegar

1/2 cup fresh cranberries, OR frozen cranberries



Cooking Directions:

Heat butter and oil in large nonstick skillet over medium-high heat. Brown chops on both sides 2-3 minutes per side; remove from skillet and set aside. Sauté onions and carrots until brown and tender, about 8 minutes. Return chops to skillet. Add chicken broth; cover and simmer 10-12 minutes or until pork is tender. Remove chops and keep warm. Add sugar, vinegar and cranberries to skillet; cook until cranberries pop. Heat chops in sauce before serving.

Serves 6

Nutrition:

Calories: 220 calories

Protein: 24 grams

Fat: 10 grams



Sodium: 260 milligrams

Cholesterol: 75 milligrams

Saturated Fat: 3 grams

Carbohydrates: 8 grams

