



Pork Chops with Apples, Onions & Carrots

Ingredients

- 4 pork chops, about $\frac{3}{4}$ inch thick
- 4 tbsp butter, divided
- 2 large apples, peeled, cored, and cut into $\frac{1}{2}$ inch slices
- 1 large white onion, sliced
- 8 sprigs fresh thyme
- salt and pepper, to taste
- 4 large carrots, sliced
- $\frac{1}{2}$ cup grated parmesan cheese

Directions

1. Season pork chops well with salt and pepper.
2. In boiling water, blanch sliced carrots for 2-3 minutes and strain. Toss in a bowl with salt, pepper and parmesan cheese and bake at 375 degrees F for 10-15 minutes.
3. In a large skillet (cast iron will work well), melt $\frac{1}{2}$ tbsp of butter over medium-high heat until it begins to sizzle. Add the pork chops to the pan and cook until browned on each side, about 6-7 minutes per side. Remove from the pan and cover with foil.
4. Add the onions to the same pan and continue cooking over medium-high heat for about 3-4 minutes, until the onions begin to soften.
5. Add the apples and thyme and cook for another 2 minutes. Then pour in the white wine, scraping the bottom of the pan to get all the browned bits up into the sauce.
6. Stir in the remaining $\frac{1}{2}$ tbsp of butter, then add the pork chops back into the pan. Reduce the heat to low and cook for another 1-2 minutes. Serve immediately and enjoy!

Calories 397

Total Fat 21 g

Saturated Fat 11 g

Cholesterol 87 mg

Sodium 571 mg

Total Carbohydrate 30 g

Dietary Fiber 6 g

Sugars 15 g

Protein 32 g