



Pork chops with apples and cider pan sauce

ACTIVE 20 MIN ♦ TOTAL 20 MIN ♦ SERVES 4 ♦ COST PER SERVING \$4.89

- 4 crisp red apples (such as Gala or Braeburn), cored and cut into ¾-in.-thick wedges
- ¼ cup fresh sage leaves
- 2 Tbsp olive oil
- 4 bone-in pork chops (each about 1 in. thick)
- Kosher salt and pepper
- ¾ cup hard cider or dry white wine
- 1 tsp grated fresh ginger
- 1 bunch spinach, thick stems discarded

- 1 Heat oven to 425°F. On a large rimmed baking sheet, toss the apples and sage with 1 Tbsp olive oil. Roast for 10 minutes.
- 2 Meanwhile, heat the remaining Tbsp oil in a large skillet over medium-high heat. Season the pork chops with ½ tsp each salt and pepper and cook until golden brown, 2 to 3 minutes per side. Remove the skillet from the heat. Transfer the chops to the baking sheet, nestling them among the apples, and roast until the chops are just cooked through and the apples are tender, 5 to 6 minutes.
- 3 While the apples and pork are roasting, return the skillet to medium heat. Add the cider and ginger and simmer, scraping up any brown bits, for 2 minutes.
- 4 Transfer the pork chops to plates and toss the apples with the spinach. Serve with the pork chops and pan sauce.

PER SERVING 428 CAL, 20 G FAT (5 G SAT FAT), 103 MG CHOL, 360 MG SOD, 32 G PRO, 30 G CAR, 5 G FIBER