



Apple Brandy Pork Chops with Caramelized Onions

- 1 Tablespoon light olive oil
- 4 lean boneless pork chops
- Salt; ground black pepper as desired
- 1 onion, peeled, sliced
- 1/2 cup chicken stock
- 1/4 cup apple brandy maple syrup
- 1 apple, peeled (set peels aside), cored, sliced
- 1/4 teaspoon fresh thyme leaves
- 4 Tablespoons chopped parsley as desired
- 1 to 2 teaspoons lemon juice

Place oil in heavy hot skillet; add pork chops; cook about 10 to 12 minutes on medium heat or tender; remove; set aside to keep warm.

Add 1 Tablespoon oil if needed to skillet; add sliced onions; cook at medium heat to lightly brown, about 10 minutes; add chicken broth, maple syrup, and apples; cook only under sauce lightly thickens and apples are tender. Stir in thyme leaves into skillet.

Meanwhile, coarse chop apple peel; toss with chopped parsley, and lemon juice.

Return chops to skillet to rewarm. Sprinkle apple peel topping over chops. Serve warm Yield: Serves 4

About the Recipe: Tender sweet apples and pork chops are a perfect flavor combination. If you add caramelized onions and some infused apple brandy, the dish becomes very elegant. Using the colorful chopped apple peels adds a contrast flavor, extra fiber, and bright colorful garnish.