



CURRIED PORK WITH APPLES

ingredients:

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| 4 (4-ounce) lean pork chops | 1/4 cup golden raisins |
| 1/4 teaspoon salt | 1 cup reduced-sodium fat-free chicken broth |
| 1/4 teaspoon coarse ground pepper | 3 Tablespoons chili sauce |
| 1 Tablespoon canola oil | 3 Tablespoons apricot preserves |
| 1 medium onion, chopped | 2 cups cooked brown rice, hot |
| 1 Tablespoon curry powder | 2 Tablespoons peanuts, chopped |
| 1 Granny Smith apple, cored and chopped | |

directions:

1. Trim excess fat from pork. Combine salt and black pepper in a small cup and rub surface of pork with salt and pepper mixture.
2. Heat oil in a large nonstick skillet over medium heat. Add pork chops and cook 3 to 4 minutes on each side. Transfer pork chops to a plate and keep warm.
3. Add onions to skillet and cook for 5 minutes or until soft. Stir in curry powder and cook 1 minute.
4. Add apple, raisins, broth, chili sauce and apricot preserves. Stir to combine and bring to a boil.
5. Return pork chops to skillet. Cover, reduce heat to medium-low and cook 10 to 12 minutes or until done (pork should reach an internal temperature of 145°F).
6. Remove from heat and serve over rice; sprinkle with chopped peanuts.

Yield: 4 servings

Nutrition Information Per Serving:

404 Calories
10 grams Fat
2 grams Saturated fat
56 mg Cholesterol
598 mg Sodium
53 grams Carbohydrates
4 grams Fiber
26 grams Protein

Food exchanges: 3 starch,
2 1/2 lean meat, 1/2 fruit



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