

Apple Mustard-Glazed Pork Chops

4 boneless pork chops, 3/4-inch thick
1/4 teaspoon coarsely ground black pepper
1 teaspoon vegetable oil
1/4 cup apple juice
2 tablespoons apple jelly
2 tablespoons Dijon-style mustard

Cooking Directions

Season chops with pepper. Heat oil in large nonstick skillet over medium-high heat; brown chops on one side. Turn chops; add apple juice, jelly and mustard to skillet. Reduce heat to low, cover and cook 8-10 minutes.
Serves 4.

Wine suggestion: Serve with a chilled rose or vin gris.

Serving Suggestions

This quick, sautéed pork chop dish illustrates the simple art of making a quick pan sauce. Next time try another jam or jelly you have on hand. Serve chops with pan sauce, hot rice and buttered broccoli spears.

Nutrition Facts

Calories 164 calories	Protein 23 grams
Fat 6 grams	Sodium 230 milligrams
Cholesterol 65 milligrams	Saturated Fat 0 grams
Carbohydrates 10 grams	Fiber 0 grams

Courtesy of the National Pork Board