Pork Chops With Apples and Thyme  
  
Ingredients  
3/4 cup reduced-sodium chicken broth, divided  
2 teaspoons cornstarch  
2 teaspoons canola oil  
16 ounces boneless pork loin chops, (4 4-ounce chops), 1/2 inch thick, trimmed of fat  
1 small onion, sliced  
1 medium Granny Smith apple (or any tart apple), peeled and sliced  
1/4 cup organic apple cider, or organic apple juice  
2 teaspoons Dijon mustard  
1/4 teaspoon dried thyme  
  
Preparation  
1. Mix 2 tablespoons broth and cornstarch in a small bowl.  
2. Heat oil in a large skillet over high heat. Add chops and cook until browned, 2 to 3 minutes per side. Transfer to a plate.  
3. Reduce heat to medium-high and add onion to the pan. Cook, stirring often, until it starts to soften and brown, 2 to 3 minutes.  
4. Add apple and cook, stirring often, until tender, 3 to 5 minutes. Stir in the remaining broth, cider (or juice), mustard, thyme and the cornstarch mixture.  
5. Bring to a boil, stirring, until thickened and glossy, about 1 minute. Return the chops to the pan and heat through. Serve immediately.  
  
Makes 4 servings.  
Prep Time: 15 mins   
Cook Time: 15 mins   
Total time: 30 mins   
  
Nutrition Facts   
Number of Servings: 8   
Amount Per Serving   
Calories: 219   
Total Fat: 9 g   
Saturated Fat: 3 g   
Cholesterol: 67 mg   
Sodium: 108 mg   
Total Carbohydrate: 9 g   
Dietary Fiber: 1 g   
Protein: 24 g

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