

APPLE PORK CHOPS

For the rub:

Ground sage

Salt & pepper

Onion powder

Garlic powder

Flour

Paprika (optional)

Ingredients:

Vegetable oil

Sliced onions (julienne)

Pork chops (cut 1" thick)

Salt

Pepper

Granny smith apples (peeled, cored, sliced)

Brown sugar

Dijon mustard

Thyme

Cinnamon (optional)

Directions:

Preheat oven to 375 F

Mix your dry rub ingredients together in a bowl.

Pat dry pork chops with paper towels.

Coat all sides of the chop with the rub.

Heat oil in a large skillet, saute onion until desired color or doneness. Add apples, brown sugar, mustard, thyme, salt and pepper. When tender, remove onion/apples and set aside.

Sear pork chops in the same saute pan. Depending on thickness, sear on both sides. Place on a baking sheet and bake for approximately 20 - 30 min until an internal temperature of 145 F.

Note:

If using a convection oven, drop down temperature to 350 F. and bake on high for 15 - 20 min. Until an internal temperature of 145 F.

If you are holding pork chops for a period of time, I would recommend baking to a temperature of 135 F, 137 F, as it will still cook and this will help keep the chops moist.