

Apple and Leek Pork Chops

Number of Servings: 4

Ingredients:

- 2 Teaspoons olive oil
- 4 oz Lean boneless Pork Loin Chops
- 1/8 teaspoon Black Pepper
- 1 Leek, Sliced
- 1 medium tart apple ,peeled and sliced
- 1 teaspoon rosemary
- 1/2 teaspoon grated orange peel
- 1 cup apple juice unsweetened
- 1 Tablespoon cornstarch
- 2 Tablespoons water
- 1/4 teaspoon salt

Directions:

1. Heat skillet with olive oil, season pork chops with pepper, and brown chops in oil for 3 to 4 minutes. Turn chops; add apple and leek, Cook for 3 to 4 minutes.
2. Add Rosemary, orange peel, and apple juice and bring to a boil. Reduce heat; simmer, uncovered, for 3 minutes.
3. Combine cornstarch , water, and salt until smooth; add to skillet. Bring to a boil; cook and stir for 2 minutes or until thickened.

Nutrition Facts	
4 servings per container	
Serving size	(266g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 200mg	9%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 1mcg	6%
Calcium 29mg	2%
Iron 2mg	10%
Potassium 643mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Family Conversation Starter:

What is your favorite movie and why?

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