

Pork Chops with Apples & Onions

Pork chops with apples and onions is one of my favorite ways to make pork chops. Apples and pork just go so well together that I don't usually make gravy for my pork (even a pork roast). I just serve it with applesauce (a great time saver for when you're crunched for time and can't make something like this). I've made caramelized apples and onions to go with my pork chops in the past, but this version with balsamic vinaigrette is much lower in carbohydrates and fat (since you don't add quite a bit of brown sugar and butter). The best part is that it's simple and just as delicious to make as with caramelized apples and onions – but it's healthier. I prefer bone in pork chops, since they tend to keep their juiciness better for me, but you can use anything. Also, if you've got a pork roast in the oven, you can still make this topping and serve it on the side for your family to put over the top of their pork roast. It doesn't matter how you make your pork chops, either. In the skillet (like this recipe), grilled or baked, the topping will work just as well with any of them.

Moist and tender pork chops topped with sweet and tangy apples and onions in a balsamic vinaigrette.

Ingredients

- 4 bone in pork chops
- 3 apples, sliced
- 1 large onion, thinly sliced
- 1/4 cup water
- 1/3 cup balsamic vinaigrette
- 1/2 tsp salt
- 1/4 tsp pepper



Instructions

1. In a lightly greased skillet over medium heat, cook the pork chops for 4 – 5 minutes on each side, or until browned.
2. Remove the pork chops and set aside.
3. Using the same skillet, combine the apples, onions and water.
4. Return the pork chops to the pan and place on top of the onion mixture.
5. Drizzle the balsamic vinaigrette over the pan and season to taste with salt and pepper.
6. Simmer, covered, for 3 – 5 minutes.
7. Pork chops are done when the internal temperature is 145 degrees F.
8. Allow the pork chops to rest for 3 minutes, then serve hot.