

# Pork Chops with Apples & Onions

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

- Preparation time: 5 minute(s)
- Cooking time: 15 minute(s)

## 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.

**Diet tags:** *High protein, Gluten free*

**Number of servings (yield):** 4

**Culinary tradition:** *USA (General)*

**Calories:** 360

**Fat:** 15

**Protein:** 33

Each serving = 9 Points +

**PER SERVING:** 360 calories; 15g fat; 22g carbohydrates; 33g protein; 3g fiber