



## **Pork Chops with Cinnamon Apples**

### **Ingredients:**

- 1 teaspoon dried rubbed sage
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 4 (4-ounce) boneless center-cut loin pork chops (about 1/2 inch thick)
- 1/2 teaspoon canola oil
- Cooking spray
- 1 teaspoon margarine
- 4 medium Granny Smith apples peeled and cut into 1/2 inch slices
- 1 tablespoon brown sugar
- 1 teaspoon fresh lemon juice
- 1/2 teaspoon ground cinnamon
- Dash of salt

### **Directions:**

1. Combine first 3 ingredients, and sprinkle/rub over both sides of the pork.
2. Heat oil in a large nonstick skillet coated with cooking spray over medium heat. Add pork; cover and cook for approximately 4-5 minutes on each side or until done (heat to 145 degrees F in the center). Remove the pork from pan. Cover and keep warm.

3. Melt margarine in a pan over medium heat. Add apples and remaining ingredients, and cook 5 minutes or until tender, stirring frequently.
4. Serve the apples over the pork.

*Makes 4 servings*