



Baked Pork Chops with Sweet Potatoes and Scalloped Apples



Where service *and savings* matter.

SERVINGS: 4

INGREDIENTS:

2 medium sweet potatoes, peeled and sliced thin

¾ cup (6 oz) apple juice

2 baking apples, cored and sliced thin

½ cup (1¼ oz) raisins

½ cup (4 oz) light brown sugar, firmly packed

¼ tsp ground nutmeg

½ cup sugar free raspberry jam

⅓ cup (3½ oz) Dijon mustard

4 center-cut pork chops

Freshly ground pepper, to taste

NUTRITIONALS

calories 460, calories from fat 100, total fat 11g, saturated fat 4g, trans fat 0g, cholesterol 60mg, sodium 720mg, total carbohydrate 75g, dietary fiber 5g, sugars 44g, protein 23g, vitamin A 220%, vitamin C 30%, calcium 8%, iron 10%

DIRECTIONS:

1. Put apple juice and sweet potatoes in 9 x 13-inch pan; cover and bake at 425° - 450°F for 30 minutes. Remove from oven.
2. Reduce oven to 350°F. Mix apples with sweet potatoes. Combine raisins, brown sugar and nutmeg; sprinkle over apple/potato mixture.
3. Place pork chops over apples/potatoes.
4. Mix raspberry jam and mustard together and drizzle evenly over entire dish making sure to coat pork chops. Sprinkle with pepper to taste.
5. Cover pan and bake at 350°F for 1 hour more.

Tip: Can be cooked in slow cooker on LOW for 8 hrs or HIGH for 4 hrs – add apples 30 minutes to 1 hour before end of cooking period.

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Shopping List

PRODUCE:

- 2 medium sweet potatoes
- 2 baking apples

MEAT/POULTRY/SEAFOOD:

- 4 center-cut pork chops

SPICES/SEASONINGS:

- Ground nutmeg
- Ground black pepper

GROCERY/FROZEN/ MISCELLANEOUS:

- Apple juice
- Raisins
- Light brown sugar
- Sugar free raspberry jam
- Dijon mustard

FOLD