

**Seared Pork Chops With Apple**  
From Clean Eating Magazine October 2011  
Serves 4

2 tsp olive oil  
4 4-ounce boneless pork loin chops, trimmed of fat  
¼ tsp salt  
¼ tsp pepper  
2 leeks, sliced vertically, rinsed well, then chopped  
2 cloves garlic, minced  
1 tsp dried thyme  
1 cup low-sodium chicken broth  
2 apples (McIntosh, Fuji or gala) cored and diced  
1 tbsp chopped fresh rosemary

In a large skillet, heat oil on medium-high heat  
Season both sides of chops with salt and pepper, place in skillet and cook for 1-2 minutes per side until golden brown  
Remove from skillet and set aside  
Add leeks and garlic to skillet and cook 2 minutes on medium-high heat until soft  
Add thyme and cook 1 minute more  
Stir in broth, apples and rosemary and bring to simmer  
Return chops to pan, partially cover and cook for 3-5 minutes until chops are tender (do not turn over)

Per serving:  
260 calories  
20 g carbohydrates  
8 g fat  
2.5 g sat fat  
27 g protein  
75 mg cholesterol  
200 mg sodium

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