



Recipes

Meat and Poultry

Easy Pork Chops

Prep Time: 5 minutes

Cooking Time: 15 minutes

Yield: 2 servings

Ingredients:

2 pork chops
1 apple, peeled, cored and sliced
2/3 cup apple juice or cider
1 tablespoon ghee
2 tablespoons plain yogurt
freshly ground pepper

Directions:

1. Heat ghee in a frying pan over medium-high heat. Add pork chops, placing the apple slices around the edges.
2. Cook the pork for about 1-2 minutes on each side to brown.
3. Pour in apple juice, add ground pepper to taste and lower the heat. Cover and simmer until cooked, about 10 minutes. Stir in yogurt and bring back to simmer.
4. Serve with additional apples, rice and/or veggies, using the sauce for flavor.