

Caramelized Apple Onion Pork With Baked Acorn Squash

Bake squash first (recipe below) and keep warm in oven while preparing pork chops

Serves 4

- 4 thick sliced pork chops
- 1 tsp vegetable oil
- 1 Tbsp brown sugar
- 1 med sweet onion, sliced thin
- 2 tart apples, peeled, cored, diced
- 1/8 tsp each cinnamon & nutmeg
- salt & pepper to taste
- 2 Tbsp butter



Place a casserole dish in oven at 175°F. to warm.

Heat large skillet over med-high heat. Brush pork chops lightly with oil and place in hot pan. Cook 5-6 minutes, turning to brown both sides, until done. Place on the warm platter in oven.

In small bowl, mix brown sugar and spices. Saute onions in butter until translucent. Add spice mixture and apples; cover and cook until apples are tender. You may need to add a little water to prevent sticking. Remove apples and onions with slotted spoon and place on top of pork chops.

Continue to cook sauce uncovered in skillet until slightly thickened. Spoon sauce over pork.

Baked Acorn Squash

Heat oven to 350°F. Cut squash in half, remove seeds & baste with melted butter or sesame oil. Place in baking pan in hot oven and bake for 30-40 minutes until tender. Salt & pepper to taste.

