



IN

The Villages[®]

America's Healthiest Hometown

Pork Chops in Warm Cherry Sauce

Prep Time: 10 minutes

Cook Time: 20 minutes

Yields: 4 servings

Serving Size: 5 oz pork, ¼ c cherry sauce

Ingredients:

4 Bone-in center cut pork chops (about 5 oz each)

¼ tsp salt

ground black pepper to taste

2 tsp olive oil, divided into 1 ½ tsp and ½ tsp portions

1 c onion, diced

1 c dry red wine

1 tsp dried tarragon

1 c dried cherries, either sweet Bing or tart (or substitute another dried fruit such as raisins, figs, or prunes)

Directions:

1. Trim visible fat from pork chops. Sprinkle with salt and pepper.
2. In a large, nonstick pan, warm 1 ½ tsp of oil over high heat. When pan is hot, brown pork chops on both sides, about 2 minutes per side. Remove chops from pan. Set aside.
3. Over medium heat, add remaining ½ tsp of oil and diced onion. Cook and stir until onion softens, about 5 minutes.

4. Add red wine. Cook and stir 1 minute to loosen the flavorful brown bits and mix them with the sauce.
5. Add tarragon and cherries. Cook and stir 1 minute to blend.
6. Return pork chops and any juices to pan. Cover. Simmer 9 minutes to thicken sauce and until pork chops are fully cooked (to a minimum internal temperature of 160°F).
7. Serve immediately.

Nutritional Information:

Calories: 374

Total fat: 7 g

Saturated fat: 2 g

Cholesterol: 98 mg

Sodium: 237 mg

Total fiber: 4 g

Protein: 34 g

Carbohydrates: 31 g

Potassium: 655 mg

Source: Deliciously Healthy Dinners from The National Heart, Lung, and Blood Institute