
Baked Pork Chops with Thyme & Apples

Serve the pork, onions, and apples over couscous or with hearty whole grain bread and a side salad of greens. Makes 4 servings.

Ingredients:

- 4 boneless pork chops (tenderloin) about 1/2 thick – trim excess fat
- 3 small to medium apples (honeycrisp are a favorite) – washed, cored and sliced in quarters
- 1 teaspoon Dried thyme
- 1 medium onion – thinly sliced
- 1-2 tablespoons olive oil

Directions:

Preheat oven to 400 degrees F. In a cast iron skillet (or another oven safe pan), place the olive oil and onion slices and cook over medium heat until the onions are clear and slightly caramelized, about 10-12 min. Move the onions to one side of the skillet and brown the pork chops on both sides (approx. 1-2 min. per side). Sprinkle in the thyme and stir the onions and pork chops to evenly distribute on the bottom of the skillet. Add the apples around the pork chops. Cover the skillet with tin foil and pierce a couple of small holes for ventilation. Cook for approx. 60 minutes (time depends on the thickness of the pork chops) or until the pork chops are cooked completely. Remove the skillet from the oven.