

Apple Barbecued Pork Chops

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Servings: 6

*6 pork chops, one inch thick
1 medium onion, chopped
1/2 cup packed brown
sugar
2 teaspoons Worcestershire
sauce
1 teaspoon dried oregano
leaves
2 cups applesauce
1/4 cup cider vinegar
2 teaspoons dry mustard
powder*

Preheat the oven to 350 degrees.

Trim the excess fat from the pork chops and place into a shallow baking dish.

In a bowl, combine the onion, brown sugar, Worcestershire sauce, oregano, applesauce, vinegar and mustard powder. Pour over the pork chops.

Bake, uncovered, for 1-1/2 hours.

If thinner pork chops are used, reduce the baking time down by 15 minutes.

Per Serving (excluding unknown items): 375 Calories; 15g Fat (35.6% calories from fat); 23g Protein; 37g Carbohydrate; 1g Dietary Fiber; 74mg Cholesterol; 85mg Sodium. Exchanges: 6 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 1 1/2 Other Carbohydrate