

Pork Chops with Apple Chutney

Pillsbury Best One Dish Meals - February - 2011

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 4 hours 20 minutes

4 (about 2 lbs) center-cut bone-in pork loin chops, 1-inch thick

1/4 teaspoon salt

1/4 teaspoon pepper

6 tablespoons packed brown sugar

2 tablespoons cider vinegar

1 teaspoon ground ginger

1 teaspoon ground cinnamon

1/4 teaspoon ground red pepper (cayenne)

1/4 cup sweetened dried cranberries

2 medium (2 cups) baking apples, peeled and chopped

Spray the bowl of a 3 to 4 quart slow cooker with cooking spray.

Sprinkle the chops with salt and pepper and place in the slow cooker.

In a small bowl, mix the brown sugar, vinegar, ginger, cinnamon, cayenne and cranberries.

Spoon the mixture over the chicken. Place the apples on top.

Cover and cook on LOW for 4 to 4 1/2 hours.

Serving Ideas: These sweet and spicy chops are great with sweet potatoes.

Per Serving (excluding unknown items): 82 Calories; trace Fat (0.5% calories from fat); trace Protein; 21g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 142mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat; 1 1/2 Other Carbohydrates.