

Pork

Apple and Pork Casserole

Better Homes and Gardens All-Time Favorite Casseroles

Servings: 6

1/4 cup onion, chopped
1 tablespoon vegetable oil
1 can (10 1/2 oz) chicken gravy
3 tablespoons brown sugar
1/4 teaspoon ground cinnamon
3 cups cooked pork, cubed
2 tart apples, peeled and chopped
1 pkg (4 servings) instant mashed potatoes
1/4 cup milk
dash pepper
1 egg, beaten
1/4 cup (2 oz) American cheese, shredded

Preheat oven to 350 degrees.

In a saucepan, cook onion in oil until tender. Stir in gravy, sugar and cinnamon. Add pork and apples; mix well. Spoon mixture into an 8-inch baking dish.

Prepare potatoes according to package directions, except use 1/4 cup of milk and dash of pepper. Blend egg into potatoes. Spoon potatoes in six mounds on top of pork mixture.

Bake, uncovered, for 25 minutes. Sprinkle with shredded cheese; return to oven until cheese melts, about 5 minutes longer.

Per Serving (excluding unknown items): 270 Calories; 15g Fat (51.3% calories from fat); 22g Protein; 11g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 128mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 1/2 Other Carbohydrates.