



Pan-Seared Pork Chops with Roasted Brussels Sprouts, Squash, Onions & Apples

Prep: 15 minutes

Roast/Cook: 30 minutes • Serves: 4

- 1 package (18 ounces) frozen **PictSweet Farms® Vegetables for Roasting Halved Brussels Sprouts, Butternut Squash & Onions**
- ¼ cup plus 1 tablespoon olive oil
- 1½ teaspoons salt
- 1 teaspoon ground black pepper
- ½ teaspoon chopped fresh sage
- ¼ teaspoon ground nutmeg
- 1 large Granny Smith apple, cored and chopped
- 8 bone-in center-cut pork chops (about 4 pounds)
- 1½ cups apple cider
- 2 tablespoons unsalted butter

1. Preheat oven to 450°. In shallow baking dish, toss vegetables, 3 tablespoons oil, ½ teaspoon each salt and pepper, sage and nutmeg; spread in a single layer. Roast vegetables 15 minutes; stir in apple. Roast vegetable mixture 15 minutes or until golden brown and tender.

2. Sprinkle pork chops with remaining 1 teaspoon salt and ½ teaspoon pepper. In large skillet, in 2 batches, heat 1 tablespoon oil over medium heat; add 4 pork chops and cook 8 minutes or until internal temperature reaches 145°, turning once. Transfer pork chops to cutting board; tent with aluminum foil and let stand 5 minutes.

3. In same skillet, heat apple cider to a simmer over medium-high heat. Simmer 8 minutes or until reduced by half; stir in butter. Serve 4 pork chops drizzled with apple cider reduction along with vegetables.

4. Slightly cool remaining 4 pork chops; wrap with aluminum foil and refrigerate up to 2 days. Use leftover pork chops in the Mexican Pork Stew recipe.

Approximate nutritional values per serving:

526 Calories, 28g Fat (8g Saturated), 115mg Cholesterol, 673mg Sodium, 34g Carbohydrates, 5g Fiber, 20g Sugars, 35g Protein