

Pork Chops with Cabbage Apple Slaw



Makes:

6 servings

Utensil:

5 Qt./4.7 L Roaster with Cover
12" Chef's Gourmet Skillet
small mixing bowl

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Recipe:

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Recipe Description:

These are pork chops that will melt in your mouth! And the tangy slaw that accompanies it is full of flavor. This meal is both nutritious and delicious, and packed with complex carbohydrates.

Marinade

$\frac{1}{3}$ cup
olive oil
(80
mL)
 $\frac{1}{2}$ cup
pineapple juice
(120
mL)
 $\frac{1}{4}$ teaspoon
garlic powder
(1.25
mL)
 $\frac{1}{2}$ cup
soy sauce
(120
mL)
3 tablespoons
brown sugar
(41
g)

Entrée

4
pork chops, bone-in, thin cut 4
cups red cabbage, shredded, use Cone #4 (280 g) $\frac{1}{2}$
3
red bell pepper cut thinly julienne style 2
 $\frac{1}{4}$
cup red onion, chopped, use Cone #4 (80 g) 2
1
small green apples, chopped, use Cone

#3
carrots, shredded, use Cone cup rice ¹/₂ (60 mL)
#2
teaspoons sugar (8 g) teaspoon kosher salt (5 mL) **Directions:**
teaspoon black pepper (2.5 mL)

1. In a small bowl thoroughly blend all of the marinade ingredients. Place pork chops in a large, flat pan (or a large zip-lock bag), pour marinade over chops and refrigerate for at least 4 hours. Can marinate overnight.
2. Preheat skillet over medium heat. When several drops of water sprinkled on the pan skitter and dissipate, place pork chops in pan. Lower heat to medium-low and cook chop about 3 minutes. Turn and cook about 2 minutes more. Meat should be browned but still slightly pink in the center. Transfer to plate, tent with foil or cover with another plate, and let the meat rest.
3. Preheat roaster over medium heat. When several drops of water sprinkled on the pan skitter and dissipate, place cabbage, bell pepper, onion, apple and carrots. Cook until just starting to soften, about 5 minutes. remove pan from heat.
4. In a small bowl blend vinegar, sugar, salt and pepper.
5. Stir mixture into pan with vegetables and apple, a little at a time, until it reaches the moistness desired; blend thoroughly. Save any remaining dressing for a salad at another time.
6. Place vegetable mixture on plate, place pork chops on top and serve.

Tips:

- Can marinate overnight.
- Vegetables can be cut the night before serving.
- Add a touch of mayonnaise to leftover slaw and use to top burgers.

Nutritional Information per

▼ Serving

Entrée

Calories: 336

Total Fat: 10g

Saturated Fat: 4g

Cholesterol: 65mg

Sodium: 993mg

Total 39g

Carbs:

Dietary Fiber: 5g

Sugar: 7g

Protein: 22g

Marinade

Calories: 155

Fat: 12g

Saturated Fat: 2g

Cholesterol: 0mg

Sodium: 711mg

Carbohydrate: 11g

Fiber: 0g

Sugar: 9g

Protein: 1g

Most is discarded