

Sweet and Sour Apple Pork Chop with Swiss Chard

Active Time: 15 minutes | Total Time: 15 minutes | Serves: 1

Nutrition Information Per Serving

486.1 calories, 24.1 g carbohydrate, 4.07 g fiber, 20.03 g NET carbs, 36.24 g protein, 27.73 g fat

Ingredients

- 1/4 tsp(s) Real Salt
- 1/2 medium(s) organic onion, peeled and roughly chopped
- 1 tsp raw honey
- 1/8 tsp(s) organic garlic powder
- 1 cup organic Swiss Chard, chopped
- 2 Tbsp(s) organic, raw apple cider vinegar, divided
- 5 Tbsp(s) filtered water
- 1/2 medium(s) organic, Granny Smith apple, cored and chopped
- 1 Tbsp virgin coconut oil
- 1/4 tsp(s) cloves
- 1 -6 oz. chop pastured pork

Preparation

1. Combine salt and cloves.
2. Season both sides of pork chop with seasonings. If using pressure cooker pork chops, season and skip the next 3 steps.
3. Heat oil in a medium skillet over medium-high and when oil moves easily along the base of the pan, place pork chop carefully in pan.
4. Cook for 3-5 minutes, until edges begin to turn away from the pan.
5. Flip and cook for 2-3 more minutes.
6. Remove pork chop, then add half of the vinegar, along with the apples, onion, honey, and half of the water, scraping up any bits from pan.
7. Return pork chop to pan, cover and cook for 3 minutes, or until liquid reduces by half.
8. In another skillet, heat remaining vinegar, garlic powder, and remaining water over medium heat.
9. Stir in Swiss Chard, cooking until wilted, but still bright green and crisp tender.
10. Serve pork chops with apple and onion sauce with wilted Swiss Chard on the side.

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