

## Pork with Dried Apples & Prosciutto

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Our favorite fall flavors come together in this simple skillet supper, united in a tangy cider sauce. Accompany the pork with mashed potatoes—perfect for soaking up the sauce.

### Ingredients:

- 2 thin-cut boneless pork loin chops, (8 ounces), trimmed of fat
- 1/8 teaspoon kosher salt, or to taste
- 1/8 teaspoon freshly ground pepper
- 1 teaspoon extra-virgin olive oil
- 2 thin slices prosciutto, (1 ounce), chopped
- 1 cup apple cider
- 3/4 cup chopped dried apples
- 1/2 cup reduced-sodium chicken broth, divided (see Tips for Two)
- 1 teaspoon cider vinegar
- 1 teaspoon chopped fresh sage, or 1/4 teaspoon rubbed dried sage
- 2 teaspoons whole-grain mustard
- 1 teaspoon cornstarch

### Directions:

- Sprinkle pork chops with salt and pepper. Heat oil in a large nonstick skillet over medium-high heat. Add the pork and cook until browned on both sides, 1 to 2 minutes per side. Transfer to a plate. Add prosciutto and cook, stirring constantly, until browned, about 1 minute. Transfer to the plate.
- Add cider, apples, 1/4 cup broth, vinegar and sage to the pan and bring to a boil, scraping up any browned bits. Reduce heat to a simmer and cook, stirring occasionally, until the apples have softened, 4 to 6 minutes.
- Stir together mustard, cornstarch and the remaining 1/4 cup broth in a small bowl. Add to the pan and bring to a simmer, stirring constantly. Return the pork and prosciutto to the pan and simmer, turning the pork to coat, until heated through, 1 to 2 minutes.

**Yield:** 2 servings

**Nutritional Information:** 369 Calories; 11 g Fat; 3 g Sat; 5 g Mono; 77 mg Cholesterol; 39 g Carbohydrates; 30 g Protein; 3 g Fiber; 663 mg Sodium; 454 mg Potassium

Recipe Source: EatingWell.com

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.