SKILLET PORK AND APPLES

Ingredients

- **1 teaspoon ground cinnamon**
- **1 teaspoon salt**
- **1/2 teaspoon black pepper**
- **4 (3 to 4-ounce) pork chops**
- **2 teaspoons olive oil**
- **1 tablespoon margarine**
- **1 medium sliced apple**
- **1/3 cup fat-free, low-sodium chicken broth**

Makes 4 servings
Serving size: 1 pork chop

1. **Combine first 3 ingredients in a small bowl; sprinkle evenly over pork chops.**
2. **Heat olive oil in a large non-stick skillet over medium-high heat.**
3. **Add pork, and cook for 5 to 6 minutes or until browned.**
4. **Add margarine. Cook 15 to 30 seconds until melted.**
5. **Add apples and chicken broth.**
6. **Cover, reduce heat to medium-low, and cook 2 to 3 minutes or until pork is done.**

Source: EFNEP

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