

Pork Chops with Braised Red Cabbage, Apple, and Cranberries

From the American Institute of Cancer Research
<http://www.aicr.org/foods-that-fight-cancer/apples.html#recipes>

Ingredients

- 1 small red cabbage, about 1 lb., quartered and cored
- 1 Tbs. canola oil
- 4 boneless lean center-cut pork chops, 4 oz. each
- 2 cups thinly sliced red onion
- 2 Granny Smith apples, peeled, cored, and cut into 12 slices each
- 2/3 cup dried cranberries
- 3/4 cup pomegranate juice
- 1/4 cup red wine vinegar
- Zest of 1/2 orange
- 1 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg
- 1/4 tsp. ground cloves
- 1/4 tsp. ground black pepper
- Salt to taste

Instructions

1. Cut cabbage crosswise into 1/2-inch strips. There should be about 6 cups. (Save any extra to use in salads, etc.)
2. Heat oil in large skillet over medium-high heat. Brown pork chops on each side, about 1 minute, and remove from pan.
3. Add onion to pan and cook until limp, about 3 minutes.
4. Pour in juice and vinegar. Cook for 3 minutes.
5. Mix in zest, spices, and salt. Reduce heat to medium and cook for 15 minutes.
6. Add chops. Cook until cabbage is tender and pork registers 160 degrees F, 5-10 minutes, stirring occasionally.
7. To serve, spread 5 cups of cabbage onto platter, and top with chops. Remaining cabbage can be refrigerated up to 5 days.

Makes 4 servings

Nutrition information per serving:

Calories	410
Carbohydrate	51 g
Dietary Fiber	7 g
Protein	28 g
Total Fat	12 g
Saturated Fat	2 g

