

Pan Seared Pork Chops with Roasted Squash and Apples Recipe

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Back in the kitchen with Foodland Ontario and Emily Richards for this simple easy dinner for the fall to celebrate the harvest. For an added twist, you can coat the pork chops in seasoned breadcrumbs before browning. Try a variety of delicious Ontario apples for this recipe, red or green skinned will work well. Serve this alongside a spicy kale sauté for a peppery bite on the plate.

Preparation Time: 20 minutes

Cook Time: 30 minutes

Makes 4 servings.

Ingredients:

1 small Ontario butternut squash, about 1 lb/500 g

3 tbsp (45 mL) canola oil

4 cloves Ontario garlic, minced

2 tbsp (25 mL) chopped fresh Ontario thyme

1/2 tsp (2 mL) each salt and fresh ground pepper

2 Ontario apples, cored and sliced
4 lean Ontario pork loin chops (about 1 1/2 lbs/750 g)
2 tbsp (25 mL) Dijon mustard
1/4 tsp (1 mL) fresh ground pepper

Method:

Cut butternut squash in half and remove seeds. Peel and chop squash.

Toss squash with half of the oil and half each of the garlic and thyme. Spread in single layer on parchment paper-lined baking sheet and roast in 400 F (200 C) oven for 15 minutes. Add apple slices and roast for 5 minutes.

Meanwhile, in small bowl, combine mustard and remaining garlic and thyme. Spread evenly on pork chops.

In large nonstick skillet, heat remaining oil over medium high heat and brown pork chops on both sides. Add to baking sheet and roast for 10 minutes or until hint of pink remains in pork and squash and apples are tender.

Spicy Kale: Chop 1 bunch Ontario kale, Swiss chard, rapini or mustard greens, chopped and sauté in large nonstick skillet with 3 tbsp (45 mL) canola oil, 3 cloves Ontario garlic, minced and 1/2 tsp (2 mL) hot pepper flakes. Cook, stirring for about 5 minutes or until tender crisp and bright green. Season with salt to taste.