



## Pork Chops with Shallot-Mustard Chutney & Spiced Beet Salad

**Prep: 15 minutes**

**Cook/Broil: 22 minutes • Serves: 2**

### Shallot-Mustard Chutney

- 3 medium shallots (about 2 ounces), thinly sliced (about 1 cup)
- 1 Golden Delicious or Fuji apple, peeled, cored and cut into ¼-inch pieces
- 1 tablespoon extra virgin olive oil
- ½ cup apple cider
- 1 teaspoon ground mustard powder
- ¼ cup dry white wine (such as Sauvignon Blanc)
- 2 tablespoons light butter, softened
- 2 teaspoons chopped fresh thyme leaves plus additional sprigs for garnish (optional)
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

### Spiced Beet Salad

- 2 medium carrots
- 1 medium beet (about 5 ounces)
- 2 tablespoons extra virgin olive oil
- 2 tablespoons honey
- 1 tablespoon fresh lemon juice
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ⅛ teaspoon ground cinnamon
- 1 pinch ground clove
- ¼ cup thinly sliced red onion

### Pork Chops

- 2 (1-inch-thick) bone-in pork loin rib chops (about 8 ounces each)
- 1 tablespoon extra virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

**1.** Prepare Shallot-Mustard Chutney: Heat large skillet over medium-high heat until hot. Add shallots, apple and oil; cook 5 minutes, stirring occasionally. Stir in apple cider and mustard powder; reduce heat to medium. Cook 10 to 12 minutes or until browned and tender, stirring occasionally; stir in remaining ingredients.

**2.** Meanwhile, prepare Spiced Beet Salad: Position oven rack 6 to 8 inches from source of heat; preheat broiler. With largest holes of box grater, grate carrots and beet. You should have about 1½ cups carrots and 1½ cups beet. In medium bowl, whisk together oil, honey, lemon juice, salt, pepper, cinnamon and clove. Add onion, carrots and beet; toss until well combined. Makes about 3 cups.

**3.** Prepare Pork Chops: Coat pork chops with oil; sprinkle with salt and pepper. Place pork chops on broiler pan; broil 7 to 9 minutes or until internal temperature reaches 145°F, turning once halfway through cooking. Serve pork chops topped with chutney along with beet salad; garnish with thyme sprigs, if desired.

*Approximate nutritional values per serving:*

*847 Calories, 50g Fat (16g Saturated), 91mg Cholesterol, 1030mg Sodium, 58g Carbohydrates, 7g Fiber, 48g Protein*

### Chef tips:

> Pork is a lean cut of protein. So look for "loin" in your cut of meat when you're shopping.

Spiced Beet Salad can be prepared, covered and refrigerated up to 1 day. Let stand at room temperature 20 minutes before serving. Shallot-Mustard Chutney can be prepared, covered and refrigerated up to 1 day; reheat before serving.