



Maple Mustard Pork Chops, Baked Polenta and Peas

Meal Time - 35 minutes
Serves 4



Shopping List

DAIRY

5 tablespoons butter

DRY GROCERY

1 (12-ounce) jar homestyle pork gravy

1 (2.64-ounce) packet country sausage
gravy mix

1 (5-ounce) can evaporated milk

1/2 cup maple syrup

1/2 teaspoon seasoned salt

2 tablespoons spicy brown mustard

butter cooking spray

large zip-top bag

FROZEN

1 (16-ounce) bag green peas

MEAT

1 1/2 pounds center-cut pork rib chops (4
chops)

PRODUCE

1 (17-ounce) tube polenta (plain or
flavored)

2 McIntosh apples (or other firm tart apple)

SUGGESTED ITEMS

Key lime pie

dinner rolls

fresh salad blend

Cooking Sequence

- Preheat oven
- Prepare polenta and begin to bake - 10 minutes
- Prepare pork chops through step 3 - 15 minutes
- Prepare peas and complete pork chops; serve - 10 minutes

Utensils and Cookware

large sauté pan
8-inch square baking dish
2 microwave-safe bowls (1 with lid)
mixing bowl, whisk, tongs
cooking spoons
meat thermometer

knife and cutting board
measuring utensils

Shortcuts and Tips

The polenta also makes a great breakfast treat. Add cooked, crumbled sausage and shredded Cheddar cheese before baking.

Maple Mustard Pork Chops

INGREDIENTS

- 1/4 cup country sausage gravy mix
- 1 1/2 pounds center-cut pork rib chops (4 chops)
- large zip-top bag
- 2 tablespoons butter
- 2 McIntosh (or other firm tart) apples
- 1 (12-ounce) jar homestyle pork gravy
- 1/2 cup maple syrup
- 2 tablespoons spicy brown mustard

STEPS

Place gravy mix (reserved from polenta) and pork chops in zip-top bag; seal tightly and shake to coat. Wash hands. Preheat large sauté pan on medium 2-3 minutes. Place butter in pan and swirl to coat. Add pork chops, using tongs, and cook 3 minutes, without turning, until browned. Cut (rinsed) apples into bite-size pieces,

discarding core. Turn pork chops and add apples; cook 3 minutes, until pork chops are browned. Whisk remaining ingredients together in medium bowl. Pour over pork chops and apples; swirl pan to mix ingredients. Cook 5 minutes or until internal temperature of pork chops is 160°F (for medium). Use a meat thermometer to accurately ensure doneness. Serve.

CALORIES (per 1/4 recipe) 520kcal; FAT 26g; CHOL 102mg; SODIUM 870mg; CARB 44g; FIBER 2g; PROTEIN 27g; VIT A 1%; VIT C 8%; CALC 6%; IRON 11%

Baked Polenta

INGREDIENTS

- butter cooking spray
- 2 tablespoons butter
- 1 (17-ounce) tube polenta (plain or flavored)
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 (5-ounce) can evaporated milk
- 2 tablespoons country sausage gravy mix

STEPS

Preheat oven to 375°F. Coat 8-inch-square baking dish with cooking spray. Place butter in medium microwave-safe bowl. Microwave on HIGH 20-30 seconds or until butter melts. Cut tube of polenta in half (this allows wrapper to be easily removed); discard

packaging. Cut evenly into eight 3/4-inch-thick circles; place in baking dish and season with salt and pepper. Stir milk and 2 tablespoons gravy mix (reserve remaining mix for pork chop recipe) into butter, mixing until creamy. Pour over polenta. Bake 25 minutes or until golden. Serve.

CALORIES (per 1/4 recipe) 225kcal; FAT 9g; CHOL 28mg; SODIUM 798mg; CARB 29g; FIBER 1g; PROTEIN 4g; VIT A 4%; VIT C 9%; CALC 10%; IRON 1%

Peas

INGREDIENTS

- 1 (16-ounce) bag frozen green peas
- 2 tablespoons water
- 1 tablespoon butter
- 1/2 teaspoon seasoned salt

STEPS

Place peas and water in microwave-safe bowl. Cover and microwave on HIGH 6-9 minutes, stirring once, or until tender. Drain peas; stir in butter and seasoned salt;

serve.

CALORIES (per 1/4 recipe) 112kcal; FAT 3g; CHOL 8mg; SODIUM 340mg; CARB 16g; FIBER 5g; PROTEIN 6g; VIT A 16%; VIT C 34%; CALC 3%; IRON 10%