Healthy Recipe of the Month  
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Pork Chops with Sage and Vegetables

How can pork be considered a lean meat, low in saturated fat? It depends on the cut you choose. For this recipe, I chose boneless, center loin, lean chops, which are much lower in saturated/total fat than a regular pork chop. Add the cooked vegetables and you have a very nutritious meal for four! I’m not a big sage fan, so I put in half the amount called for in this recipe. A little sage goes a long way!

Ingredients (serves 4)

- 4 tsp. fresh sage or 1 tsp dried
- 1 clove garlic, minced
- ½ tsp salt
- ½ tsp black pepper, or to taste
- 4 boneless, fat-trimmed center loin pork chops
- 1 large onion, thinly sliced
- 1 green apples, cored and thinly sliced
- ½ head of green cabbage, thinly sliced
- 3 carrots, sliced in very thin sticks
- 4 tsp olive oil
- 2 Tbsp cider vinegar
- ¾ cup low-sodium chicken broth

Combine the sage, garlic, 1/4 tsp salt and
pepper, then rub this mixture all over the chops, and let sit while you prepare the vegetables, slicing the onion, apple, cabbage and carrots; place them in a large bowl.

Heat 1 tsp of the oil in a large nonstick frying pan, add chops and brown on both sides, ~ 4-5 minutes. Remove. Add 1 tsp of oil and add sliced vegetables, vinegar and remaining ¼ tsp salt and cook until soft. Return pork chops to the pan, placing the vegetables on top, and add the chicken broth. Continue to cook until pork chops are no longer pink and vegetables are done to taste.

To serve, arrange vegetables on the plate and place pork chop on top. The pan juices are delicious on mashed potatoes as an accompaniment.

**Nutrient analysis per serving**

* Calories 300
* Protein 28g
* Saturated Fat 3g
* Fiber 6g
* Calcium 120mg
* Sodium 430mg