2 ½ HOURS

**SERVES 4** 

## **NUTRITION FACTS**

TRANSAMERICA INSTITUTE\*

375 calories, 19g fat, 4g saturated fat, 600mg sodium, 12g carbohydrate, 4g fiber, 2g sugar, 36g protein

## **INGREDIENTS**

- 2 tablespoons safflower oil (or another high-heat cooking oil)
- 1 teaspoon salt, divided
- 1 teaspoon black pepper, divided
- <sup>1</sup>/<sub>2</sub> teaspoon garlic powder
- 4 bone-in pork chops, approx. <sup>3</sup>/<sub>4</sub>-inch thick/6 ounces each
- 2 medium onions, sliced
- 2 tablespoons whole wheat or oat flour
- 2 cups low-sodium chicken broth

- 1. Preheat oven to 325°F.
- drain excess oil.
- 3. Reduce skillet heat to medium-low. Add onions, <sup>1</sup>/<sub>2</sub> onions are soft, about 15 minutes. Onions should minutes, until slightly thickened.
- until very tender and meat falls off the bone.
- skillet and ladle with gravy.

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## DIRECTIONS

2. Season pork chops with 1/2 teaspoon salt, 1/2 teaspoon pepper, and garlic powder. In large oven-proof skillet, heat oil over medium-high heat. Pan-fry chops in batches, 3–5 minutes per side or until golden brown. Remove pork chops from pan and transfer to a paper towel-covered plate to

teaspoon salt, and 1/2 teaspoon pepper, and stir often until caramelize but not brown. Add flour to the onions and stir constantly, about 2–3 minutes. Slowly add chicken broth while stirring and scraping the pan. Turn heat to high, bring to a boil, and then reduce heat and simmer about 5

4. Return pork chops to skillet and ladle onion gravy over chops. Cover with lid and transfer to oven. Bake 11/2 hours,

5. Set pork chops aside on plate. Place skillet on stove over medium-high heat. Stir frequently while simmering to allow gravy to reduce, about 10-15 minutes. Return pork to