

## **Apple-Leek Pork Chops (for 2)**

Source: Light & Tasty Magazine Premiere Issue

### **Ingredients:**

2 lean boneless pork loin chops (4 oz each)      2 tsp canola oil  
1 medium tart green apple, sliced  
1 medium leek (white portion only), sliced  
1 C unsweetened apple juice      1/2 tsp grated orange peel  
1/2 tsp dried rosemary, crushed      1/2 tsp salt  
1/4 tsp pepper      1 TBS cornstarch  
2 C hot cooked long grain/wild rice mix      2 TBS water

### **Directions:**

In nonstick skillet, crown pork chops in oil 3-4 minutes. Turn chops; add apple & leek - cook 3-4 minutes. Add apple juice, orange peel, rosemary, salt & pepper. Bring to boil - reduce heat & simmer, uncovered, 3 minutes.

Combine cornstarch & water till smooth; add to skillet. Bring boil - cook & stir 2 minutes or till thickened. Serve with rice.