

pork chops in warm cherry sauce


Prep time: 10 minutes
Cook time: 20 minutes

the rich, savory sauce makes this an elegant dish

- 4 bone-in center-cut pork chops (about 5 oz each)
- ¼ tsp salt
- ⅓ tsp ground black pepper
- 2 tsp olive oil, divided into 1½ tsp and ½ tsp portions
- 1 C onion, diced
- 1 C dry red wine
- 1 tsp dried tarragon
- 1 C dried cherries, either sweet Bing or tart (or substitute another dried fruit such as raisins, figs, or prunes)

- 1 Trim visible fat from pork chops. Sprinkle with salt and pepper.
- 2 In a large nonstick pan, warm 1½ teaspoons of oil over high heat. When pan is hot, brown chops on both sides, about 2 minutes per side. Remove chops from pan. Set aside.
- 3 Over medium heat, add remaining ½ teaspoon of oil and diced onion. Cook and stir until onion softens, about 5 minutes.
- 4 Add red wine. Cook and stir 1 minute to loosen the flavorful brown bits and mix them into the sauce.
- 5 Add tarragon and cherries. Cook and stir 1 minute to blend.
- 6 Return pork chops and any juices to pan. Cover. Simmer 9 minutes to thicken sauce and until pork chops are fully cooked (to a minimum internal temperature of 160 °F).
- 7 Serve immediately.

Tip: Try serving over a whole grain such as **Kasha With Bell Pepper Confetti** (on page 122) and **Cinnamon-Glazed Baby Carrots** (on page 113).

	yield: 4 servings		each serving provides:	
	serving size: 5 oz pork, ¼ C cherry sauce		calories 374	total fiber 4 g
			total fat 7 g	protein 34 g
			saturated fat 2 g	carbohydrates 31 g
			cholesterol 98 mg	potassium 655 mg
			sodium 237 mg	