



## **Baked Apple Pork Chops & Green Beans**

2 TBS unsalted butter  
4 (8-ounce) pork chops, bone-in, 3/4-inch to 1-inch thick  
1 TBS chopped fresh sage  
Kosher salt and freshly ground black pepper, to taste  
16 oz. green beans, trimmed  
2 TBS olive oil  
3 cloves garlic, minced  
2 TBS chopped fresh parsley leaves  
FOR THE APPLES  
2 TBS unsalted butter  
2 apples, peeled, cored and sliced  
2 TBS brown sugar  
¼ tsp ground cinnamon Pinch of nutmeg  
3 TBS maple syrup

Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray.

Melt butter in a large skillet over medium high heat.

Rub both sides of the pork chops with sage; season with salt and pepper, to taste. Add to the skillet and sear both sides until golden brown, about 2-3 minutes. Place pork chops and green beans in a single layer onto the prepared baking sheet. Drizzle green beans with olive oil and sprinkle with garlic; season with salt and pepper, to taste.

Place into oven and roast until the pork is completely cooked through, reaching an internal temperature of 140 degrees F, about 12-15 minutes.

## **Baked Apple Pork Chops & Green Beans (cont.)**

Return skillet to medium high heat and melt butter. Add apples, brown sugar, cinnamon and nutmeg. Cook, stirring occasionally, until apples just begin to soften, about 3-4 minutes. Stir in maple syrup, stirring occasionally, until the sauce thickens, about 5 minutes.

Serve pork chops immediately, topped with apple mixture, garnished with parsley, if desired.



## Hawaiian Pineapple Chicken

- 1 (20 oz.) can pineapple chunks
- 1 red onion
- 2 green bell peppers
- 1 red bell pepper
- 1 yellow bell pepper
- 3 chicken breasts (about 1 1/2 pounds)

### SAUCE:

- 1 C of pineapple juice
- ¼ cup water
- ¾ cup apple cider vinegar
- 2 tsp soy sauce
- 1 tsp chicken bouillon granules
- 1 cup sugar
- 1 Tb brown sugar
- 2 TBS cornstarch
- ½ tsp garlic powder
- ¼ tsp ginger
- ½ tsp lemon pepper

Preheat your oven to 420 degrees.

Grab a (20 ounce) can of pineapple chunks. Pour as much juice as you can into a large glass measuring cup.

Chop the onion, and peppers into large 1-2" chunks. You'll want to be sure that they are all about the same size so they cook evenly. Cut 3 chicken breasts into 1" chunks.

## Hawaiian Pineapple Chicken (cont.)

Place the chicken, veggies and pineapple chunks into a large bowl. Drizzle 3-4 TBS olive oil into the bowl and toss to coat. Sprinkle with garlic salt and lemon pepper and stir to combine.

Line two large baking sheets with tin foil and spread the mixture out evenly over them. Bake for 20 minutes, or until the chicken is cooked through and the veggies are crisp tender.

While the pans are roasting, make the sauce. Take the reserved pineapple juice (you should have about 1 C of pineapple juice, if you aren't quite there, add a bit of water to bring the measurement to a full cup) and add remaining ingredients. Whisk to combine, making sure the cornstarch is completely dissolved.

Pour the liquid into a sauce pan. Bring it to a boil over medium high heat, stirring occasionally. Allow it to boil for 2 minutes.

When the chicken has cooked through and the veggies are crisp tender, pour 1/3 of the sauce over the top of each pan (leaving about 1/3 of it in the sauce pan to drizzle over each individual serving).

Stir the sauce into the chicken and veggies so that everything gets nice and coated.

Bake for an additional 10 minutes or until the sauce bubbles up a bit and becomes nice and sticky.

Serve in individual bowls with white rice and the additional sauce poured over the top.



## Bruschetta Chicken

4 boneless, skinless chicken breasts  
Kosher salt and freshly ground black pepper, to taste  
16 oz. baby red potatoes, halved  
2 TBS olive oil  
3 cloves garlic, minced  
1 tsp dried thyme  
½ tsp dried oregano  
½ tsp dried basil  
1/3 cup freshly grated Parmesan  
4 ounces fresh mozzarella cheese, cut into 4 slices

### FOR THE BRUSCHETTA

2 cups cherry tomatoes, halved  
2 TBS olive oil  
1 TBS balsamic vinegar  
2 cloves garlic, minced  
¼ cup basil leaves, chiffonade  
Kosher salt and freshly ground black pepper, to taste

Preheat oven to 400 degrees F.

Lightly oil a baking sheet or coat with nonstick spray.

To make the bruschetta, combine tomatoes, olive oil, balsamic vinegar, garlic and basil in a medium bowl; season with salt and pepper, to taste. Set aside.

Season chicken with salt and pepper, to taste. Place chicken in a single layer onto one side of the prepared baking sheet.

## **Bruschetta Chicken (cont.)**

Place potatoes onto the opposite side of the prepared baking sheet in a single layer. Add olive oil, garlic, thyme, oregano, basil and Parmesan; season with salt and pepper, to taste. Gently toss to combine.

Place into oven and bake until the chicken is cooked through and the potatoes are golden brown and crisp, about 20-25 minutes. Top chicken with mozzarella during the last 10 minutes of cooking time.

Serve immediately, topped with bruschetta.