

Pork Chops with Cabbage and Apples from wyseguide.com

- [] 4 6-oz bone-in pork chops
- [] 1 tbsp salt
- [] ¾ tsp garlic powder
- [] ½ tsp onion powder
- [] ½ tsp allspice
- [] ¾ tsp black pepper
- For the cabbage and apples
- [] 1 medium onion sliced
- [] 1 tsp salt
- [] 2 lb cabbage sliced
- [] 2 tbsp apple cider vinegar
- [] 2 tsp Dijon mustard
- [] 1 tsp allspice
- [] 1 tsp black pepper
- [] 2 large apples

In a small bowl, combine the salt, garlic powder, onion powder, allspice, and black pepper. Mix. Sprinkle on all sides of pork chops, using all the spice mixture. Cover and place in the refrigerator for 1-2 hours. Once the pork chops have brined, remove them from the refrigerator and preheat the oven to 375°F. Over medium heat, add 1 tbsp neutral oil in a 12-inch oven-safe skillet. Brown the pork chops on both sides, 2-3 minutes per side. Remove from the skillet and set aside. In the same skillet add the sliced onions and salt to the remaining oil and pork drippings. Sauté until softened and slightly brown, 4-5 minutes. Deglaze the pan by adding the apple cider vinegar, Dijon mustard, allspice, and pepper. Add the sliced cabbage and cook until beginning softened and slightly reduced in volume, 4-5 minutes. Add the apples. Stir and add the pork chops on top.

Roast in the oven until the pork chops reach 155°F. Remove the skillet from the oven and allow the pork chops to rest for 10 minutes to finish cooking and reach a temperature of 160°F. Slice off the bone or leave whole and serve with the cabbage and apples.