

## Pork chops with savory apples | DIABETIC RECIPE

**Ingredients**

2 medium apples  
 1 medium onion  
 1 large clove garlic  
 4 pork chops, about ¾-inch thick, with bone  
 (about 1½ pounds total)  
 1 teaspoon olive oil  
 ¼ cup water  
 ¼ cup fat-free sour cream

**Directions**

Quarter and core apples. Peel if desired. Cut onion in half and then slice it. Use a large frying pan with a lid. Heat oil over medium-high heat and add chops and garlic. Brown quickly, about two minutes per side. Add cut-up apples, onion, and water. Cover and turn heat to low. Let cook for about 15 minutes, until pork is cooked through and apples are soft. Remove chops to a warm serving platter. Bring pan juices to a boil and turn off heat. Stir in sour cream and pour over chops. Serve immediately.

**Nutrition Information**

Yield: 4 servings. Each serving provides: 271 calories, 24 grams protein, 13 grams fat, 71 mg cholesterol, 13 grams carbohydrate, 1 gram fiber, and 75 mg sodium.

## Smart Snacks

Most healthy eating plans allow for one or two small snacks a day. Choosing most fruits and vegetables will allow you to eat a snack with only 100 calories.

**About 100 Calories or Less**

1 medium-size apple (72 calories)	1 cup grapes (100 calories)
1 medium-size banana (105 calories)	1 cup carrots (45 calories)
1 cup steamed green beans (44 calories)	bell pepper (30 calories)
1 cup blueberries (83 calories)	broccoli (30 calories)

**Eat fruits and vegetables the way nature provided**

Try steaming your vegetables, using low-calorie or low-fat dressings, and using herbs and spices to add flavor. Eat your fruit raw to enjoy its natural sweetness.

**Canned or frozen fruits and vegetables**

This is a good option when fresh produce is not available. Choose those without added sugar, syrup, cream sauces, or other ingredients that will add calories.