



Kelly's Kitchen Corner – April 2023

Pork Chop Dinner – Serves 2

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| 1 T. oil | 1 c. green beans |
| 2 (1-inch thick) pork loin chops | 1 tsp. lemon pepper seasoning |
| 2 c, shredded cabbage | $\frac{3}{4}$ c. apple juice |
| 2 T. brown sugar | $\frac{1}{4}$ c seasoned breadcrumbs |
| 2 medium potatoes,
peeled and sliced $\frac{1}{4}$ inch thick | 1 T. melted butter. |
| | 1 T. fresh chopped parsley |



In a large skillet, brown pork chops in oil; remove and set aside. Toss the cabbage with parsley and brown sugar; place in an 11 x 7 baking dish. Top with potatoes and beans. Arrange chops over vegetables. Sprinkle with lemon-pepper. Pour apple juice overall. Cover and bake at 350 degrees for 45 minutes or until the pork chops and vegetables are tender. Combine the breadcrumbs and butter, sprinkle on top. Return to the oven for 15 minutes.

No nutrition information provided.

Razzle Dazzle Recipes

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Oatmeal Cookies – Servings 8 (2 cookies)

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| $\frac{3}{4}$ c. sugar | 1 c. flour |
| 2 T. margarine | $\frac{1}{4}$ tsp. baking soda |
| 1 egg | $\frac{1}{2}$ tsp. Cinnamon |
| $\frac{1}{4}$ c. applesauce | 1 c. + 2 T. quick cooking rolled oats |
| 2 T. low-fat milk | |



Preheat oven to 350 degrees and lightly grease a cookie sheet. In a large bowl, use an electric mixer on medium to mix sugar and margarine. Mix until well blended. Slowly add egg and mix. Gradually add applesauce and milk and mix on medium speed for 1 minute in another bowl. Combine flour, baking soda, and cinnamon. Slowly add to the applesauce mixture, and mix on low speed until well blended. Add oats and blend them. Drop by teaspoonfuls on cookie sheet 2 inches apart. Bake until lightly browned, 13-15 minutes. Remove from the baking sheet while still warm. Cool on a wire rack.

Nutrition per serving: 215 calories, 4 g fat, 84 mg sodium. Prairie View A&M University Cooperative Extension

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