

# Cranberry Pork Chops

*Unit: Large Skillet or Electric Skillet*

**2 - Tablespoons of Honey or Agave Nectar**  
**1 - Tablespoon Tarragon (Fresh is Best)**  
**1/2 - Cup Dried Cranberries**  
**2 - Teaspoons Corn Starch**

**3 - Cup Cranberry Apple Juice**  
**4 - 6 Butterfly Cut Pork Chops**  
**1 - Tablespoon Fresh Parsley**  
**2 - Cups of Brown Rice**

First cook the rice with 1 cup rice - 2 cups of water in a saucepan on medium heat. Rotate the valve below the lid to pen and cook until the valve activates. Then close the valve and reduce the heat to low for 20 -30 minutes or until the rice is done.

Combine the juice with all of the ingredients except for the corn starch and meat. Next, preheat the skillet on medium-high heat. (400 on the Electric Skillet). Add the pork chops and cook for approximately 4 minutes. Flip the chops over and cook for 4 more minutes.

Next, pour the juice mixture over the chops and seal the lid. Rotate the valve below the knob to open and cook on medium-low heat for 20 minutes (225 on the electric). If the valve continues to activate, reduce the heat a bit.

Transfer the chops to a plate and set aside. Combine the corn starch with a very small amount of water in a glass and mix thoroughly. Add the starch to the juice mixture until it thickens. Serve the chops with the sauce over it.



HEALTH QUEST