

Sauerkraut Pork Chops or Chicken Tenders

Unit: Large Skillet or Electric Skillet

1 Jar of Sauerkraut (Bubbie's at Sprout's is the best!)

4-5 Boneless center cut pork chops (thick cut)

or

5-7 Boneless Chicken Tenders

1 Tbsp of Caraway seeds

Preheat the large skillet on medium-high heat (400 on the electric skillet) until water beads up when flicked into the unit.

Sear the meat until it releases from the pan on each side (about 5 to 8 minutes).

Add the remaining ingredients and cook on medium-low heat for 30 minutes .
(225 on the electric skillet)

***Note: They are done if you cut into the meat and the juices are clear.**

****Note: If the valve continues to whistle after 5 minutes, reduce the heat a bit.**



HEALTH QUEST