



SERVING SIZE: 4 | PREP TIME: 10 MINUTES | COOK TIME: 35 MINUTES

Boneless Pork Chops with Blood Oranges and Sage

Citrus and sage come together in perfect harmony to create this boneless pork chop masterpiece.

INGREDIENTS:

- 4 Open Prairie® Natural* Pork chops (boneless), 7 ounces each, cut 1 ½ inch thick
- 2 Tbsp vegetable oil
- Finely grated zest of 1 navel orange
- 1 c fresh navel orange juice, from about 3 large oranges
- 2 Tbsp white or standard balsamic vinegar
- 2 tsp finely chopped fresh sage
- 2 navel or blood oranges, peeled and cut into rounds
- 4 sprigs fresh sage, for garnish
- Salt, to taste
- Freshly ground black pepper, to taste
- Olive oil cooking spray

DIRECTIONS:

1. Preheat oven to 350°F. Season chops with salt and pepper, as desired.
2. Heat a large nonstick ovenproof skillet over medium-high heat. Spray with olive oil. Add pork chops and cook, turning once, until browned on both sides, about 6 minutes. Transfer skillet to oven and bake until chops barely spring back when pressed on top with a finger, about 6 minutes.
3. Transfer each chop to a plate. Add orange zest and juice with balsamic vinegar and chopped sage to skillet and bring to a boil over high heat, scraping up brown bits in pan with a wooden spoon. Cook until reduced by half, to 3 minutes. Season with salt and pepper, as desired. Spoon sauce around chops. Garnish with orange rounds and sage sprigs and serve.

PAIRINGS:

- Have a chilled, slightly fruity Alsatian white, such as pinot blanc, with the chops.

SERVINGS: 1 | CALORIES: 316 | TOTAL FAT: 7g | SODIUM: 140mg | TOTAL CARBOHYDRATE: 17g | PROTEIN: 47g

*Minimally processed. No artificial ingredients.

®/™/© 2021 Tyson Foods, Inc.