

Makes 4 Servings

Use Chantal® Copper Fusion® 10" Fry Pan, 3 Piece Ring Bowl Set and Make & Take® 8"x8" Square Baker w/ Lid



Nancy Waldeck's Sage Seasoned Pork Chops with Warm Mustard Sauce

Main Ingredients:

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| 4 Thick Cut Pork Chops | Non Stick Cooking Spray |
| 1 Tablespoon Dried Sage | ½ Cup Light Sour Cream |
| 1 Teaspoon Kosher or Sea Salt and
½ Teaspoon Freshly Cracked Pepper,
Plus more to Taste | 1 Tablespoon Dijon Mustard |
| 1 Tablespoon Extra Virgin Olive Oil | 1 Tablespoon Whole Wheat Flour |
| 1 Large Yellow Onion, Peeled,
Halved and Sliced Thinly | 1 Cup Low Salt/ Fat Chicken Broth |
| | ¼ Cup Dry White Wine |
| | ¼ Cup Chopped Fresh Sage |



Preparation:

1. Preheat the oven to 350°F. Pat the chops dry and season with sage, salt and pepper. Heat the oil in a Fry Pan over medium-high heat. Add the chops and brown about 5 minutes on each side.
2. Coat the Square Baker with nonstick cooking spray. Transfer the chops to the dish. Scatter the sliced onion on top of the chops.
3. In the small Ring Bowl, blend the sour cream, mustard and flour together. In the Fry Pan you used for the chops, boil the broth and wine for 1 minute, scraping up any browned bits. Whisk in the sour cream mixture. Pour over the chops in the baking dish and bake for 30 to 45 minutes (depending on the size of the pork chops). Taste for Salt and Pepper. To serve, garnish the dish with the fresh sage.