

# THE CULINARY Playground

## Cranberry Sauced Pork Chops

*Makes 2*

1/8 c flour

1/4 t salt

1/8 pepper

1/4 teaspoon thyme

2 pork chops (3/4 inch thick)

1 tablespoon butter

### SAUCE

2 T whole berry cranberry sauce

2 T boiled apple cider

1 T packed brown sugar

1/2 teaspoon yellow mustard

Few cranks pepper

Shake of salt

Preheat oven 350 CONVECTION

On a plate combine flour, salt, pepper and thyme.

Dredge pork chops in flour mixture on both sides, gently tapping to remove excess.

In a large skillet, melt the butter over med high heat. Cook on one side until browned, 2 minutes, turn over and cook on the other side until browned.

Transfer to baking dish.

In a small bowl, combine the cranberry sauce, cider, brown sugar, mustard, cranks pepper and shake salt. Spoon sauce over chops.

Bake, uncovered, at 350° Convection for 12 minutes or until a thermometer reads 145 degrees.



## **Butternut Squash Noodle Saute**

Big handful of spiralized butternut squash noodles

1 T butter

1/2 T olive oil

4 fresh sage leaves, chiffonade

Grated Parmesan cheese

Melt the butter and oil in a large skillet over medium heat. Within 1-2 minutes the butter will begin to brown; add the sage leaves and noodles at this time, stirring to saute them until they soften, about 5-7 minutes.

Toss the squash noodles in the browned butter to fully coat and top with grated parmesan cheese and a fresh sage leaf.