

## Pork Chops and Cabbage

Prep time: 10 minutes • Cook time: 1 hour • Serves 8 • Serving size: 1 pork chop and 1 cup vegetables

Each serving has: 9 grams carbohydrate • 2 grams fiber • 7 grams nutritive carbohydrate  
• 32 grams total protein • 31 grams from animal source • 1 gram from plant source

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| ¼ cup olive oil                        | 1 head cabbage (about 2 lb.), coarsely shredded |
| 8 pork chops, about ½ inch thick       | 1 tsp. salt                                     |
| 2 medium onions, sliced                | ⅛ tsp. pepper                                   |
| 1 clove garlic, chopped                | ⅛ tsp. dried sage                               |
| 1 (28-oz.) can tomatoes (2½ to 3 cups) | 1 cup dry red wine                              |



### Recipe for Success

The chops turn out tender and delicious with the taste of cabbage in the red wine. This recipe has 2 servings of vegetables, so consider this dish a complete meal.

Preheat oven to 350°F.

Heat oil over medium heat in a large skillet. Brown chops 3 minutes on each side. Remove to a casserole.

In the same skillet, sauté onions and garlic 3 minutes. Stir in tomatoes, and add cabbage, salt, pepper, sage, and wine. Spread mixture over chops.

Bake for 60 minutes or until cabbage and chops are tender. Check occasionally. You can prepare this in advance and refrigerate. (If refrigerated, allow 15 minutes additional baking time.)

