

From Brooke's Kitchen:
Caramelized Onion and Honeycrisp
Apple Northern Farm Pork Chops with
Roasted Delicata Squash



I love using fall ingredients in my cooking, and this combination is one of my favorites! The Honeycrisp apples and caramelized onions add just the right amount of sweetness to our forest-raised pork chops, and the roasted delicata squash makes an easy side. I love that you can eat the skin on delicata squash, too—no peeling required! This is a simple, cozy meal that's perfect for a fall evening.

—Brooke

Prep Time: 15 minutes

Cook Time: 30 minutes

Servings: 4

Ingredients

- 4 boneless pork chops, about 1 inch thick
- Salt and black pepper
- 2 tablespoons olive oil, divided
- 1 medium onion, thinly sliced
- 2 large Honeycrisp apples, cored and sliced
- 2 tablespoons unsalted butter
- 2 tablespoons brown sugar
- 1 teaspoon fresh thyme or ½ teaspoon dried thyme
- ½ cup chicken broth
- ¼ cup apple cider or 2 tablespoons apple cider vinegar

Instructions

Pat pork chops dry and season with salt and black pepper.

Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Sear pork chops for about 3 minutes per side, until golden brown. Remove from the skillet and set aside.

Add the remaining olive oil and sliced onions to the skillet. Cook for about 10 minutes, stirring often, until the onions are softened and golden. Add the butter.

Stir in the apple slices, brown sugar, and thyme. Cook for 8–10 minutes, stirring occasionally, until the apples are golden and tender.

Pour in the chicken broth and apple cider (or apple cider vinegar), scraping up the browned bits from the bottom of the skillet. Return the pork chops to the skillet, nestling them into the apple and onion mixture.

Cover, reduce the heat to low, and cook until the pork reaches an internal temperature of **145°F**, checking after about 5 minutes. Cooking time will vary depending on the thickness of the chops.

Let the pork chops rest for 5 minutes before serving. Spoon the caramelized apples and onions over the top and enjoy!

Roasted Delicata Squash

Prep Time: 10 minutes

Cook Time: 35 minutes

Servings: 4

Ingredients

- 2 delicata squash
- 1 tablespoon olive oil
- ⅛ teaspoon salt
- ⅛ teaspoon garlic powder
- ⅛ teaspoon freshly cracked black pepper

Instructions

Preheat oven to 400°F.

Cut the ends off the delicata squash, then cut each squash in half lengthwise. Use a spoon to scrape out the seeds, then slice the squash into ½-inch pieces.

Place the squash on a parchment-lined baking sheet. Drizzle with olive oil and sprinkle with salt, garlic powder, and black pepper. Toss until evenly coated, then spread in a single layer.

Roast for 20 minutes. Flip the squash pieces and roast for another 10–15 minutes, or until browned and tender to your liking.

Brooke's tip: Delicata squash has an edible skin, so there's no peeling required!