



A HEALTHY,
QUICK, AND EASY-
TO-MAKE MEAL
THAT'S READY
IN MINUTES

EASY PORK CHOPS WITH SWEET APPLES AND ONIONS

This is a quick and easy family favorite with a combination of sweet and savory. Double up for leftovers!

DIFFICULTY: EASY

INGREDIENTS



4 Bone-in pork chops



3 Tablespoons butter or coconut oil



1 Large red onion



1 Large yellow onion



4 Sliced and cored red apples



Salt and pepper to taste

DIRECTIONS

- Heat a large pan over a medium-high heat. Season pork chops with salt and pepper to taste.
- Melt 2 tablespoons of butter or oil and fry the pork chops, about 5 minutes on each side, (depending on thickness) or until fully cooked and browned.
- Set pork chops aside and reduce heat to medium-low.
- In another pan, add the other tablespoon of butter or oil and add onion and apples.
- Cook until onions are caramelized and apple slices are slightly soft.
- Serve apples and onion on top of pork chops.



“My favorite thing to do is teach how to cook easy, healthy, budget-friendly meals with minimal ingredients!”

Jaime Alonso, certified health coach

I received my initial training and certification as a wellness coach at Spencer Institute. I then continued my training as a health coach from the Institute for Integrative Nutrition's cutting-edge health coach training program. During my training, I studied more than 100 dietary theories, practical lifestyle management techniques, and innovative coaching methods with some of the world's top health and wellness experts. My teachers included Dr. Andrew Weil, director of The Arizona Center for Integrative Medicine; Dr. Deepak Chopra, leader in the field of mind-body medicine; Dr. David Katz, director of Yale University's Prevention Research Center; Dr. Walter Willett, chair of nutrition at Harvard University; Geenan Roth, best-selling author and expert on emotional eating; and many other leading researchers and nutrition authorities.

My responsibility at TNT is to help you create a “sustainable” lifestyle change. Meeting you where you are in your journey and equipping you with practical tools to grow and learn new strategies; teaching you how to shop and meal plan; helping you create new ideas; and learning how to go out to eat are a few of the hands-on lessons you receive. I teach you how to live well for life!