



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sunday March 22, 2020
Recipe of the Day

Chunky Apple Sauce

5 medium slightly sweet apples
3 tbsp. granulated sugar
¼ cup water
Juice of one lemon
½ tsp. ground cinnamon
Pinch ground cloves
Pinch kosher salt

Peel, core and dice apples into small chunks medium sauce pan, low heat add apples, sugar, water, lemon juice, cinnamon, cloves and salt. Stirring occasionally, cook 30-40 minutes until soft use blender, food processor, or potato masher to break down the apples but keeping them somewhat chunky. Serve warm or chilled.

Sunday Stuffed Pork Chops

4 bone in thick cut pork chops (1 ½" thick)
Salt/pepper to taste
1 tbsp. olive oil

Stuffing:

¾ cup butter
½ cup celery
½ cup diced onion
7 cups dry bread crumbs
1 tsp. salt-½ tsp pepper
¾ tbsp. poultry seasoning
¾ cup chicken stock

Pre-heat oven to 350. Slice a pocket into chops almost to the bone. In skillet melt butter saute onion and celery until tender (10 minutes). In large bowl combine bread crumbs, saute mixture and rest of stuffing ingredients. Rub chops and inside of baking dish with olive oil. Stuff each chop letting a bit stick out. Arrange in baking dish. Arrange any leftover stuffing around outside of chops. Bake 20-25 minutes (internal temp should be 145 degrees.)

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