



Pork, Apple & Wild Rice Hot Dish

2 pork loin chops
1 c sliced mushrooms
2 shallots, chopped
4 sage leaves
2 cloves of garlic, minced
3-1/2 T butter, divided
4 c cooked wild rice
2 peeled, chopped apples
1 c cranberries (or craisins)
2 cans of cream of mushroom soup
1/2 c juices from wok
1/2 c chicken stock
1-1/2 T honey Dijon mustard
Pinch of nutmeg
1/2 can of French fried onions

Preheat oven to 350F. Heat 1-1/2 T butter in a wok over medium-low heat with chopped sage. Sauté for one minute. Next add the shallots, mushrooms and garlic, sauté an additional 3-5 minutes. Add the pork, cover and sauté for 8-10 minutes, until the pork is cooked thoroughly. Remove from heat and drain and reserve juices.

In a large baking dish, combine juices from the wok with chicken stock, remaining butter (melted), mustard and cream of mushroom soup. Next stir in the apples, wild rice and wok ingredients. Finally add cranberries or craisins and a pinch of nutmeg. Bake for 25 minutes at 350F.

Remove from oven and add French fried onions. Bake an additional 10 minutes. Serve warm.