

Kitchen Corner

Home-Cooked Comfort Food In A Matter Of Minutes

(NAPSA)—Chilly weather calls for the warm comfort of a home-cooked meal—and finding the time to prepare comfort foods on weeknights does not have to be a challenge.

Here's a quick entrée that satisfies, and best of all, it is ready for the table in about 20 minutes.

Begin with boneless pork chops, thinly cut. Alternately, a whole pork tenderloin found in many meat counters these days may be cut in quarter-inch slices. First a quick browning in the skillet, then apples, raisins and apple juice make the base for a sauce prepared in the same pan. Natural raisins and apples pair nicely with pork, and they add a nutritious serving of fruit to the menu.

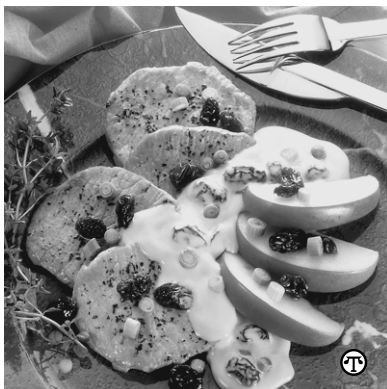
Complete the meal with steamed green vegetables or a salad.

When company comes, this is a dish easily dressed up for a special occasion. Prepare a wild rice blend for an additional side along with the vegetables. The rice can be made in advance and simply reheated before serving.

For more quick recipe ideas, check out www.sunmaid.com.

Pork Skillet with Apples and Raisins

- 2 lbs. boneless pork tenderloins, thin $\frac{1}{4}$ -inch slices
- garlic salt
- 1 tablespoon vegetable oil
- 1 cup apple juice
- 3 tablespoons all-purpose flour
- 2 tart apples, sliced



Natural raisins and apples pair nicely with pork and add a nutritious serving of fruit to the menu.

- 1 cup Sun-Maid Natural Raisins or Golden Raisins
- 1 cup half-and-half
- $\frac{1}{2}$ cup sliced green onions

Sprinkle pork cutlets with garlic salt. In large skillet, heat oil; quickly brown pork a few slices at a time. Return pork and any juices to skillet.

Combine apple juice and flour; pour into skillet. Add apple slices and raisins. Cook, stirring frequently, until mixture comes to a boil and thickens.

Cover; reduce heat and simmer 5 minutes or until pork is tender. Remove pork, apples and raisins to serving dish; keep warm.

Bring pan juices to boil; blend in half-and-half. Cook until slightly thickened.

Pour sauce over pork, apples and raisins. Sprinkle with green onions.

Serves 4 to 6.