

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Stuffed Double Pork and Sage Baked Apples

From www.paleomg.com

4 slices of bacon
5 apples, halved and hollowed out using a melon baller
1 tablespoon ghee
2 garlic cloves, minced
½ yellow onion, chopped
1 pound ground pork
2 stalks of celery, chopped
2 teaspoons fine sea salt
1 teaspoon garlic powder
½ teaspoon paprika
¼ teaspoon cayenne
pinch of black pepper
2 teaspoons red wine vinegar
2 tablespoons minced fresh sage
extra ghee for topping apples

1. Preheat oven to 350 degrees F.
2. Place bacon on a baking sheet and bake bacon in oven for 15 minutes or until crispy then chop into small pieces.
3. While bacon is cooking, cut apples in half then use a melon baller to hollow out each apple then set aside.
4. Place a large sauté pan over medium heat. Add ghee and minced garlic.
5. Once garlic becomes fragrant, add onion and ground pork.
6. Brown pork and break into small pieces, then add celery, salt, garlic powder, paprika, cayenne, black pepper, red wine vinegar, sage and chopped bacon. Mix well until combined.
7. Scoop mixture into each apple half. Top each apple with about 1 teaspoon of ghee on top of the mixture.
8. Place in a baking dish and bake for 40-45 minutes until apples are tender.