Tex Mex Pork Chops

**Ingredients:**
6 boneless pork loin chops (about 3 ounces each)  
1/4 teaspoon salt  
1/4 teaspoon pepper  
2 cups frozen whole kernel corn, thawed  
1 15-ounce can low sodium pinto beans, rinsed and drained  
1 1/4 cups chunky salsa  
1 tablespoons water  
1 teaspoon ground cumin

**Directions:**
1. Sprinkle pork chops with salt and pepper. Heat a large non-stick skillet coated with cooking spray over medium heat. Brown chops on both sides in batches.

2. Return all chops to pan. Add remaining ingredients; bring to a boil. Reduce heat, cover and simmer 6-8 minutes or until thermometer inserted into pork reads 145 degrees. Let stand 5 minutes before serving.

**Nutrition Facts**

- **Calories:** 280
- **Total Fat:** 7g
- **Saturated Fat:** 2g
- **Trans Fat:** 0g
- **Cholesterol:** 80mg
- **Sodium:** 560mg
- **Total Carbohydrate:** 26g
- **Dietary Fiber:** 5g
- **Sugars:** 4g
- **Protein:** 31g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
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</thead>
<tbody>
<tr>
<td>Calories 280</td>
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<td>Total Carbohydrate 26g</td>
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**Utensils Needed:**
- Skillet
- Spatula
- Measuring utensils
- Can Opener
- Colander

**Prep time:** 10 minutes  
**Cook time:** 15 minutes  
**Serves:** 6  
**Cost per serving:** $1.85

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