Dinner Tonight!

Skillet Chops and Rice

4 6-ounce center-cut pork chops (1/2-inch thick)
Cooking spray
1 1/2 cups instant brown rice
2/3 cup water
1/2 cup chopped onion
1/4 teaspoon pepper
1 14 1/2-ounce can Italian-style stewed tomatoes, undrained and chopped
1 (8 ounce) can no-salt added tomato sauce

Trim fat from chops. Coat a large nonstick skillet with cooking spray and place over medium-high heat until hot. Add chops and cook 2 minutes on each side. Remove from skillet and set aside.

Combine rice, water, onion, pepper, tomatoes and tomato sauce in skillet. Bring to a boil. Arrange chops over rice mixture. Cover, reduce heat and cook 5 – 10 minutes or until liquid is absorbed and rice is done.

Preparation Time: 10 minutes
Cook Time: 15 minutes
Serves: 4
Cost per serving: $1.36

Nutrition facts per serving
Calories: 375
Total Fat: 9 g
Cholesterol: 71 mg
Sodium: 352 mg
Total Carbohydrate: 43 g
Protein: 29 g
Fiber: 4 g

Serve with: broccoli and orange slices