Dinner Tonight!

Pork Chops With Tomatoes

**Ingredients:**
4 pork chops
1 pound frozen green beans, thawed
4 slices of American cheese
1 large tomato

Preheat oven to 400 F. Rinse tomato and cut into wedges. Lightly grease oven glassware. Place beans on glassware. In a skillet, brown pork chops, 3 to 5 minutes on each side. Place pork chops on top of beans. Scrape up browning and pour over pork chops. Place tomato wedges on top and cover with cheese.

Bake at 400 F for 10 to 15 minutes.

Preparation Time: 15 minutes
Cook Time: 15 to 20 minutes
Yield: 4
Cost Per Serving: $1.79
Serve with: whole grain roll or baked potato

**Nutrition facts per serving:**
- Calories: 464
- Protein: 30 g
- Carbohydrates: 13 g
- Sodium: 814 mg
- Fat: 44 g
- Cholesterol: 117 mg