

Pork

Pork Chop Delight

Taste of Home One-Dish Meals

Servings: 2

2 boneless pork loin chops (5 ounces each and 1/2-inch thick)

1 teaspoon canola oil

1/4 cup sweet onion, chopped

1/3 cup green pepper, chopped

1/3 cup sweet red pepper, chopped

1/2 cup V-8® vegetable juice

dash salt and pepper

In a large skillet coated with cooking spray, brown pork chops in oil on both sides. Remove and keep warm.

In the same skillet, saute' onion and peppers until crisp-tender, stirring to loosen any browned bits from pan. Stir in the V8 juice, salt and pepper.

Return chops to the pan. Bring to a boil. Reduce heat; cover and simmer for 8 to 10 minutes or until meat is tender.

Per Serving (excluding unknown items): 52 Calories; 2g Fat (38.8% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 223mg Sodium. Exchanges: 1 1/2 Vegetable; 1/2 Fat.