
Easy Skillet Pork Chops

Shirley Fontana

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Servings: 4

4 pork chops, 3/4 inch thick
1 can cream of celery soup
1/4 cup apple juice or water
2 tablespoons spicy brown mustard
1 tablespoon honey
1/8 teaspoon pepper
4 cups uncooked noodles

Spray a medium skillet with cooking spray. Heat on medium-high for 1 minute. Add the pork chops. Cook for 10 minutes until brown. Set the chops aside.

Add the soup, apple juice, mustard, honey and pepper. Bring to a boil. Return the chops to the pan. Reduce the heat to low. Cover and cook for an additional 10 minutes or until the chops are no longer pink.

Cook the noodles according to package directions.

Serve the pork chops with the noodles.

(NOTE: You can also stir-fry some sliced zucchini in a separate skillet sprayed with cooking spray. Toss the zucchini with the cooked noodles and sprinkle with parsley.)

Pork

Per Serving (excluding unknown items): 270 Calories; 16g Fat (54.6% calories from fat); 24g Protein; 7g Carbohydrate; trace Dietary Fiber; 77mg Cholesterol; 296mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1 Fat; 1/2 Other Carbohydrates.