

Pork

Pork Chops with Cranberry Sauce

Taste of Home One-Dish Meals

Servings: 6

6 4-ounce boneless pork loin chops
1/4 teaspoon coarsely ground pepper
1/8 teaspoon salt
2 teaspoons cornstarch
1 cup cranberry-apple juice
2 teaspoons honey
3/4 cup dried cranberries
1 tablespoon minced fresh tarragon
1 tablespoon minced fresh parsley
3 cups cooked brown rice, hot

Sprinkle pork chops with pepper and salt. In a large nonstick skillet coated with cooking spray, cook chops over medium heat for 3 to 4 minutes on each side or until lightly browned. Remove and keep warm.

In a small bowl, combine the cornstarch, juice and honey until smooth. Add to the pan, stirring to loosen the browned bits. Stir in the cranberries, tarragon and parsley. Bring to a boil; cook 2 minutes longer or until thickened and bubbly.

Return pork to the pan. Reduce heat, cover and simmer for 4 to 6 minutes or until a meat thermometer reads 160 degrees.

Serve with rice.

Per Serving (excluding unknown items): 121 Calories; 1g Fat (6.1% calories from fat); 2g Protein; 26g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 44mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.