

Pork

Rice-Stuffed Pork Chops

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Taste of Home Shortcuts Issue - August/September 2011

Servings: 4

Preparation Time: 20 minutes

Bake Time: 35 minutes

2 1/4 cups water

1 tablespoon butter

1 package (5.6 oz) instant chicken-flavored rice and sauce mix

4 8-ounce bone-in pork chops, 1-inch thick

1 envelope seasoned coating mix

Preheat oven to 425 degrees.

In a large saucepan, combine the water, butter and rice with the contents of the sauce mix.

Bring to a boil and stir.

Reduce heat. Cover and simmer for 4 minutes or until the rice is almost tender.

Let stand for 5 minutes.

Moisten the pork chops with water and dip in the coating mix.

Cut a pocket in each chop. Fill with the rice mixture.

Place in an ungreased 13x9-inch baking dish.

Spoon the remaining rice around the chops.

Bake, uncovered, for 35 to 40 minutes or until the meat juices run clear.

Per Serving (excluding unknown items): 25 Calories; 3g Fat (99.5% calories from fat); trace Protein; trace Carbohydrate; 0g Dietary Fiber; 8mg Cholesterol; 29mg Sodium. Exchanges: 1/2 Fat.