

Pork

Sweet-Sour Kraut and Chops

Better Homes & Garden All-Time Favorite Casserole Recipes

Servings: 6

4 medium (4 cups) baking potatoes, peeled and thinly sliced

1/2 cup onion, chopped

6 pork rib chops, cut 3/4-inch thick

2 tablespoons cooking oil

1 can (27 oz) sauerkraut, rinsed and drained

1 can (20 oz) crushed pineapple

2 tablespoons brown sugar

1/2 teaspoon salt

dash pepper

Preheat oven to 350 degrees.

In a 12x7 1/2x2-inch baking dish, combine potato slices and onion. Add 1/4 cup water. Bake, covered, until nearly tender, about 45 minutes.

Meanwhile, in a skillet, brown the pork chops on both sides in hot oil. In a bowl, combine sauerkraut, undrained pineapple and brown sugar; spoon over potato mixture. Place chops on top of mixture. Season with salt and pepper. Bake, covered, for 45 minutes.

Per Serving (excluding unknown items): 186 Calories; 5g Fat (22.2% calories from fat); 3g Protein; 34g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 447mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Vegetable; 1/2 Fruit; 1 Fat; 0 Other Carbohydrates.