

Pork

Saucy Southwestern Pork Chops

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Taste of Home Light & Tasty - April/May 2007

Servings: 4

Preparation Time: 15 minutes

Cook time: 25 minutes

4 7-ounce bone-in pork loin chops, 3/4-inch thick

1/4 teaspoon pepper

2 teaspoons olive oil, divided

1 large onion, halved and sliced

1 can (14 1/2 oz) stewed tomatoes, cut up

1 can (4 oz) chopped green chilies

1/3 cup water

2 tablespoons enchilada sauce mix

4 tablespoons sliced ripe olives, divided

1 small green pepper, sliced into eight rings

1/2 cup reduced-fat sour cream

2 cups hot cooked rice

Sprinkle the pork chops with pepper.

In a large nonstick skillet coated with nonstick cooking spray, cook the chops in one teaspoon of the oil over medium heat for 2 to 3 minutes on each side or until browned. Remove and keep warm.

In the same skillet, saute' the onion in the remaining oil until tender.

Stir in the tomatoes, chilies, water, sauce mix and two tablespoons of the olives.

Bring to a boil. Reduce the heat and simmer, uncovered, for 3 minutes.

Return the chops to the pan and top with the green pepper rings.

Cover and simmer for 9 to 12 minutes or until the meat is tender.

Remove the chops and pepper rings. Keep warm.

Stir the sour cream into the sauce until blended. Serve with the pork and rice. Garnish with the remaining olives.

Per Serving (excluding unknown items): 177 Calories; 3g Fat (13.7% calories from fat); 4g Protein; 35g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 20mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Vegetable; 1/2 Fat.