

## 12-Minute Pork Chops

### Ingredients:

- 6 pork chops (~5 oz. each raw)
- 1 tbsp vegetable oil
- 1 medium onion, chopped
- 2 cups rice (measured dry)
- 1 red pepper, finely chopped
- ½ (14.5 oz) can beef broth
- ¼ cup balsamic vinaigrette dressing
- ¼ tsp dried rosemary



### Making it:

1. Heat oil in large non-stick pan on medium-high heat.
2. Add chops; cook 6 min. Turn after 3 minutes. Remove from skillet and cover to keep warm.
3. Add onions to same pan. Cook 5 min. stirring occasionally.
4. Stir in rice, peppers, broth, dressing and rosemary. Reduce heat to medium-low. Simmer 15 min.
5. Serve chops over rice, quinoa or barley dish and some colorful vegetables.

### Tips and Hints:

- 1 serving has 16 mg of iron.

### NUTRITION FACTS

Servings: 4  
 Serving Size: 1 pork chop  
 with 1 cup cooked rice

<b>Total Calories</b>	481
Carbohydrate	53 g
Total Fat	12 g
Protein	35 g
Fiber	1 g

Prep Time: 10  
 Cook Time: 21