

- » Nonstick vegetable cooking spray
 - » 2 tsp vegetable oil, divided
 - » 4 (6-oz) lean pork chops, boneless
 - » 1 cup medium salsa
 - » 3 tbsp canned, diced green chilies
 - » 1/2 tsp cumin
 - » 1/2 cup frozen corn
 - » 1 cup long-grain brown rice, cooked according to package directions without salt or fat
 - » 1/4 cup onion, chopped
 - » 1/4 cup red bell pepper, chopped
 - » 1/2 (15 1/4-oz) can red kidney beans, drained
- » 1/2 tsp salt
 - » 1/8 tsp pepper

Nutritional Content

Per Serving

Calories	515 cal	Cholesterol	107mg
Protein	43g	Sodium	1066mg
Carbohydrate	50g	Calories from Fat	20%
Fat	11g	Fiber	6g
Saturated Fat	3g		

In a large skillet sprayed with nonstick vegetable cooking spray, heat 1 tsp vegetable oil over medium-high heat. Add pork chops and cook for 3 minutes on each side to brown. Combine salsa, green chilies, cumin, and corn in skillet. Reduce heat, cover, and simmer for 10 to 15 minutes. In another skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add 1 tsp vegetable oil, onion, and red bell pepper. Sauté for 2 to 3 minutes. Add kidney beans, salt, and pepper. Stir in cooked rice and mix well. Serve pork chops with rice mixture. Serves 4.

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