

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

Nutritional Content

Per Serving

Calories	512 cal	Cholesterol	106mg
Protein	43g	Sodium	1062mg
Carbohydrate	50g	Calories from Fat	20%
Fat	11g	Fiber	5g
Saturated Fat	3g		

In a small skillet sprayed with nonstick vegetable cooking spray, heat 1/2 tsp vegetable oil over medium-high heat. Add pork chop 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 onion and red bell pepper. Sauté for 2 minutes. Add kidney beans, salt, and pepper. Stir in cooked rice and mix well. Serve pork chop with rice mixture. Serves 1.