

Cranberry-Onion Chops - recipe from TheOtherWhiteMeat.com

Times: 10 minutes prep, 15 minutes cook

Ingredients:

4 boneless pork chops, 3/4-inch thick

1 teaspoon vegetable oil

1 8-oz bottle French dressing

1 1-oz package dry onion soup mix

1 16-oz can whole cranberry sauce

Cooking Directions:

Heat oil in large nonstick skillet over medium-high heat. Brown pork chops on one side, about 3-4 minutes. In medium bowl stir together dressing, soup mix and cranberry sauce. Turn chops, pour cranberry mixture over chops and bring to a boil. Lower heat, cover and simmer 8-10 minutes, until internal temperature on a thermometer reads 160



degrees F

Serves 4

Nutrition:

Calories: 420 calories

Protein: 23 grams

Fat: 10 grams

Sodium: 1150 milligrams

Cholesterol: 65 milligrams

Saturated Fat: 2 grams

Carbohydrates: 60 grams

Fiber: 2 grams

