

Aloha Pork Chop Skillet

2 tsp. oil

4 bone-in pork chops (1 - 1/2lb.)

1 medium each: red and yellow peppers, cut into chunks

2 cans (8oz. each) pineapple chunks in juice, undrained

1/2 cup fat-free reduced-sodium chicken broth

1/4 cup Catalina Dressing

1-1/2 tsp. garlic powder

1-1/2 cups instant white rice, uncooked

HEAT oil in a large nonstick skillet on medium-high heat. Add chops; cook 5 min. on each side or until browned on both sides.

ADD peppers, pineapple, broth, dressing and garlic powder; mix well. Bring to boil
STIR in rice; cover. Reduce heat to medium-low; simmer 5 min. or until chops are cooked through (160°F). Remove from heat; let stand f 5 min.

Substitutue 4 small boneless skinless chicken breast halves (1lb.) for the pork chops. Prepare as directed, increasing browning time to 5 to 6 min. on each side.