

# Polynesian Pork Chops

4 boneless pork chops, 3/4" thick  
1 tsp. garlic powder  
1 tbsp. vegetable oil  
1 medium onion, chopped  
1 can (10-3/4oz) Golden Mushroom soup  
1/4 cup water  
1 can (8oz) pineapple chunks  
3 tbsp. soy sauce  
1 tbsp. honey  
2 cups cooked white rice  
Sliced green onions

**Season** chops with garlic powder.

**Heat** oil in skillet. Add chops and cook until browned. Add onion.

**Add** soup, water pineapple with juice, soy and honey. Heat to a boil. Cover and cook over low heat for 10 minutes or until done.

**Serve** with rice and sprinkle with green onions.