

Creamy Pork Chops and Rice 4 servings

Estimated cost per serving: \$2.20

- 1 can (10-³/₄ oz) 98% fat free cream of celery soup
- 1 soup can of skim milk (about 1 cup)
- ¹/₂ envelope dry onion soup mix
- ³/₄ cup uncooked brown rice
- 2 cups chopped frozen broccoli, thawed*
- 4 lean pork loin chops (about 3 - 4 oz each)
- 2 tsp Mrs. Dash garlic and herb salt-free seasoning

1. Preheat oven to 375°F
2. Stir together soup, milk and dry onion soup in an 8X8 inch baking dish; mix in rice and broccoli
3. Arrange pork chops in rice mixture and sprinkle with Mrs. Dash seasoning; cover with foil
4. Bake for 45 minutes. Remove cover and bake an additional 15 minutes.
 - * thaw broccoli by running under cold water for a few minutes or microwave briefly. This dish takes about an hour to bake – it's a perfect time to exercise! Go outside for a walk or jump on the treadmill – when you're done, dinner will be ready!



Nutrition facts per serving: 360 calories, 7g total fat, 2g saturated fat, 65mg cholesterol, 700mg sodium, 43g carbohydrate, 4g dietary fiber, 30g protein

Good source of Vitamin a, Vitamin C, Calcium, Iron and Dietary Fiber

Pyramid servings: 1 oz. grains, ¹/₂ cup vegetables, 3 oz. meat and beans

Nutrition Note: Lean pork chops are a great alternative to chicken. They are an excellent source of thiamin (Vitamin B1) and niacin (Vitamin B3), vitamins essential for energy metabolism. Other sources of thiamin and niacin include enriched or whole-grain breads, cereals, pastas, rice and legumes. Choose your pork products wisely. Bacon and pork sausage are high in fat and saturated fat; whereas pork loin chops and roasts, Canadian bacon and ham are lean cuts.

Recipe provided by Keri Tonia, MSU Dietetics Student, 3/07.

Questions or comments???

Contact Student Health Services nutritionist, Rebecca Gruenes, MS, RD,
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