Grab ‘n’ Go Dinner for Tonight

Cran-Apple Pork Chops with Rice

Ingredients	Where to Find It
1 (14.5oz) can reduced-sodium, fat-free chicken broth	Aisle 3
2 cups quick-cooking (10 minute) brown rice	Aisle 2
6 bone-in or boneless loin pork chops (about 1 1/2 lbs)	Meat Section
Freshly ground black pepper	Aisle 5
1 tsp bottled minced garlic or garlic powder	Produce or Aisle 5
2 Braeburn apples, cored, unpeeled, coarsely chopped	Produce
1/2 a can (8oz) whole-berry cranberry sauce	Aisle 3
1 Tbsp lemon juice	Aisle 4
1 Tbsp reduced-sodium soy sauce	Aisle 2
1 Tbsp Worcestershire sauce	Aisle 1
Nonstick cooking spray	Aisle 5

1) In a small bowl, combine the chopped apple, cranberry sauce, lemon juice, soy sauce, and Worcestershire sauce; set aside.
2) Bring chicken broth to a boil in medium saucepan: add rice. Cover, reduce heat to low, and simmer for 10 minutes or until rice is tender and liquid is absorbed. Remove from heat and keep warm.
3) Meanwhile, spray a large nonstick skillet with cooking spray and heat over medium high heat. Place pork chops in the pan; sprinkle with garlic (or garlic powder) and black pepper to taste. Brown the chops lightly, about 3 minutes on each side.
4) Reduce heat; spoon cranberry sauce mixture over and around the pork chops in the pan. Cover pan and simmer on medium low heat for 10 minutes, or until pork juices run clear. Serve cranberry sauce over the pork and apple rice.

Makes 6 servings.

Cran-Apple Pork Chops with Rice Nutrition Facts

Amount Per Serving	
Calories 478	**Calories from Fat 101.1**
	% Daily Value*
Total Fat 10.5g	16%
Saturated Fat 3.8g	19%
Cholesterol 105mg	35%
Sodium 416mg	17%
Total Carbohydrate 51.3g	17%
Dietary Fiber 1.8g	7%
Sugars 13.5g	
Protein 41.4g	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Shape Up Tip
To make this a complete meal, add:
- **Micro-waved frozen cut green beans**
- **Beverage**

Tonight’s Grab ‘n’ Go Dinner Cost per serving: $1.31

To find the Grab ‘n’ Go dinner recipe ingredients look for this logo throughout the store.

SHAPE UP Kittitas County
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All ingredients will be marked with the Shape Up Kittitas County logo.