



Pork and Rice Skillet

Prep: 15 minutes | Cook: 60 minutes | Total: 1 hour and 15 minutes

Yield: 4 servings | Serving Size: ¼th of the recipe

Ingredients

- 1 tablespoon oil
- 1 pound boneless pork chops, cut into bite-sized pieces
- 1 large onion, diced
- 2 cloves garlic, minced (about 1 teaspoon)
- 1 cup brown rice, uncooked
- 1 tablespoon Italian seasoning
- 1 (16-ounce) package frozen peas and carrots
- 2 cups (16 ounces) low-sodium chicken broth
- ½ cup nonfat plain yogurt
- ½ cup shredded cheddar cheese

Directions

1. Heat a large skillet over medium heat.
2. Add the oil and heat until shimmering.
3. Add the pork, onion, and garlic.
4. Sauté until the pork is browned and the onions are tender, about 5-7 minutes.
5. Add the rice, Italian seasoning, frozen peas and carrots, and broth.
6. Increase the heat to high and bring to a boil.
7. Reduce the heat to a simmer and cover the pan with a lid.
8. Cook, stirring occasionally, until the rice is tender and the pork is fully cooked, about 30-45 minutes.
9. Stir in the yogurt and cheese until combined and the cheese is melted.
10. Serve warm.

Recipe Notes

- To reduce carbohydrate content further, try substituting non-starchy vegetables (e.g. green beans, broccoli, cauliflower, peppers, asparagus, mushrooms) for the peas and carrots.
- To reduce cooking time, try using 10-minute brown rice.

**Nutrition Facts Per Serving: Calories: 580 | Total Fat: 18 g | Saturated Fat: 6.5 g
Sodium: 290 mg | Total Carbohydrate: 54.5 g | Dietary Fiber: 6 g | Protein: 49 g**

Adapted from www.iwashyoudry.com | Submitted by Kristen Bertram RDN, CD
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