

# Zesty Skillet Pork Chops

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1 teaspoon chili powder  
1/4 teaspoon salt  
1 1/4 pounds (6 chops) lean pork chops  
2 cups diced tomatoes or 1 (14.5 ounces)  
can no added salt diced tomatoes  
1 green bell pepper  
1 1/2 stalks celery  
1 small onion  
1 tablespoon hot pepper sauce  
Nonstick cooking spray

**Makes 6 portions, 1 chop each**

Per portion

Calories: 166  
Carbohydrate: 8 grams  
Protein: 22 grams  
Fat: 5 grams  
Saturated fat: 2 grams  
Cholesterol: 52 milligrams  
Sodium: 294 milligrams  
Dietary fiber: 2 grams

Main Dishes

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1. Rub chili powder and salt evenly over chops.
  2. Wash if using fresh tomatoes and dice.
  3. Wash and chop green pepper, celery, and onion.
  4. Combine tomatoes, green pepper, celery, onion, and pepper sauce in bowl.
  5. Lightly coat nonstick skillet with cooking spray. Heat skillet to medium high. Add chops and cook 1 minute. Turn chops and top with tomato mixture.
  6. Bring to boil. Reduce heat and simmer, covered, 25 minutes or until meat is tender and mixture thickens.
  7. Transfer chops to serving plates. Increase heat and bring tomato mixture to boil. Cook 2 minutes or until most of the liquid evaporates. Remove from heat and spoon sauce over chops.