



Winn-Dixie Supermarkets

Polynesian Pork Chops

Ingredient List

- 4 boneless pork chops
- 1 teaspoon garlic powder
- 1 tablespoon vegetable oil
- 1 medium onion
- 1 can Condensed Golden Mushroom Soup
- 1/4 cup water
- 1 can pineapple chunks
- 3 tablespoons soy sauce
- 1 tablespoon honey
- 2 cups white rice
- 1 tablespoon sliced green onion

Directions

Season the pork with the garlic powder.

Heat the oil in a 10-inch skillet over medium-high heat. Add the pork and cook until well browned on both sides.

Add the onion, soup, water, pineapple with juice, soy sauce and honey to the skillet and heat to a boil. Reduce the heat to low. Cook for 10 minutes or until the pork is cooked through.

Serve the pork and sauce with the rice and sprinkle with the green onion.

Serving Suggestion: Serve with steamed sugar snap peas. For dessert serve fresh strawberries.

Servings: 4

Time: 35 minutes