Cranberry Rice Stuffed Pork Chops

Sometimes it’s hard to keep kids interested, but this fun recipe is sure to get them curious about cooking.

Makes 4 stuffed pork chops  Prep: 10 minutes, Bake: 30-40 minutes

Ingredients

1 8.8-oz package
UNCLE BEN’S® READY RICE®
Whole Grain Brown

1/2 cup
Whole Cranberry Sauce

1/2 cup
Barbecue Sauce

1 tablespoons
Orange Zest

2 tablespoons
Orange Juice

1/2 teaspoon
Minced Garlic

4 (5-oz) Boneless Center-cut
Loin Pork Chops, Trimmed
(about 3/4 inch thick)

1/4 teaspoon each
Salt & Pepper

Nutrition Facts

Servings 4.0
Amount per Serving

Calories 374

% Daily Value*

Cholesterol 94 mg 31%

Sodium 544 mg 23%

Potassium 114 mg 3%

Total Carbohydrate 36 g 12%

Dietary Fiber 1 g 5%

Sugars 22 g

Protein 32 g 63%

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

1. Cook UNCLE BEN’S® rice according to directions on the pack and preheat oven to 375°F.

2. Mix together cranberry sauce, barbecue sauce, orange zest, orange juice and garlic in a small bowl. Split into two halves and set one half aside. Let children decide when the two halves are equal.

3. Gently stir in 1 cup of warm rice into one half of the mixture. Reserve remaining rice for another use.

4. Cut a horizontal slit through the thickest portion of each pork chop to form a pocket. Stuff 1/4 to 1/3 cup of the rice mixture into each pocket. (Wooden picks help secure the pork chops if needed).

5. Brush the chops with half of the remaining barbeque sauce mixture and bake for 30-40 minutes. Then, let kids brush the remaining barbecue sauce mixture onto chops.

Note: Nutrition facts based on ingredients in the recipe description and does not include side dishes shown in photography.