

Pork Chops with Squash & Zucchini Casserole

Servings: 2

Adapted from Smithfield Menu Planner April 11, 2011

Ingredients

Pork Chops:

4 pork chops, cut 1 inch thick from pork tenderloin

1/4 cup Light Italian Dressing

1 teaspoon Worcestershire sauce

Squash and Zucchini Casserole:

1 squash, quartered and diced

1 zucchini, quartered and diced

2 oz Alouette Garlic & Herbs Spreadable Cheese

1/4 cup fat free sour cream

1/4 cup reduced-fat shredded cheddar cheese

1/2 cup crushed whole wheat crackers, divided

Cooking spray

Preparation

1) Place pork chops, Italian dressing and Worcestershire sauce in a sealed bag. Place in refrigerator for at least 20 minutes (or overnight).

2) Preheat oven to 350 degrees.

3) In a microwave safe dish, cook squash and zucchini for 4 minutes. Drain and pour into a mixing bowl. Add alouette cheese, sour cream, and 1/4 cup crushed crackers. Stir together and pour into greased casserole dish.

4) Top casserole with cheddar cheese and remaining crushed crackers. Bake on 350 degrees for 25 minutes (or until cheese is melted and bubbly).

5) Prepare grill and remove pork chops from bag and discard marinade. Grill over medium-high heat, turning once, about 8-11 minutes total cooking time.