

SINGLE PAN PORK CHOP

WITH VEGGIES



INGREDIENTS

1 boneless pork chop

1 cup frozen vegetables

1 tsp vegetable oil

¼ tsp salt

¼ tsp black pepper

DIRECTIONS

1. Heat oil in small skillet over medium heat.

2. Season pork chop with salt and pepper.

3. Cook five to six minutes per side, until pork's internal temperature reaches 145 F.

4. Remove from skillet and let rest. Add vegetables to skillet, and cook them for five minutes until hot.

5. Serve pork with vegetables.