



Prep Time: 5 min  
 Total Time: 30 min  
 Makes: 2 servings

**What You Need**

- 1 acorn squash (about 1-1/2 lb.), halved, seeded
- 1/4 cup KRAFT Light CATALINA Dressing
- 1/4 cup water
- 1 Tbsp. finely chopped gingerroot
- 2 small bone-in pork chops (1/2 lb.), 1/2 inch thick

**Make It**

PLACE squash on microwavable plate. Microwave on HIGH 10 min. or until tender, rotating plate after 5 min. Cut squash into thin wedges.

COMBINE dressing, water and gingerroot; set aside. Spray large skillet with cooking spray. Add chops; cook on medium-high heat 3 min. on each side. Move chops to one side of skillet. Reduce heat to medium-low; add dressing mixture to skillet. Turn chops to evenly coat both sides with dressing mixture; cover. Simmer 4 min.; turn chops over.

ADD squash wedges to skillet; turn to evenly coat both sides with dressing mixture. Cover; simmer 4 min. or until dressing mixture is thickened and chops are tender and juices run clear (160°F). Serve chops and squash topped with the dressing mixture.

**Kraft Kitchens Tips**

**Serving Suggestion**  
 Serve this tasty dish with your favorite KRAFT Light Dressing.

**Substitute**  
 Substitute 1 pork tenderloin (1/2 lb.), cut into 1-inch-thick slices, for the pork chops.

**Nutrition Information**

Calories	350	Total fat	10 g	Saturated fat	3 g
Cholesterol	70 mg	Sodium	510 mg	Carbohydrate	39 g
Dietary fiber	4 g	Sugars	19 g	Protein	28 g
Vitamin A	20% DV	Vitamin C	25% DV	Calcium	10% DV
Iron	15% DV				