



Somethin' In The Oven With Shana Lovin is on KRIG 104.9 FM every Wednesday morning at 8:15:

## Polynesian Pork Chops

4 to 6 lean pork chops  
1 can (8oz) crushed pineapple  
1 cup barbecue sauce

Place pork chops in a greased slow cooker ( I use Pam). Combine pineapple and barbecue sauce and pour over meat. Cover and cook on high heat for 3-4 hrs or on low heat 6-8 hrs. \*Great served with rice!

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