

# Air Fryer BBQ Bacon Stuffed Pork Chops

## Air Fryer (or oven!) BBQ Bacon Cheddar Stuffed Pork Chops

Thank you to Kristi at Planning Us Healthy on YouTube for this recipe!

Serves 4, 5 FSP Per serving

- 4 boneless pork chops (about 4 ounces each)
- 1/3 cup Velveeta Shreds or any reduced fat blend
- 8 slices center cut bacon (mine is 2 slices for 1 point)
- 1/4 cup sugar free bbq sauce (I use G Hughes)
- salt, pepper, green onion to taste

1. Cook and chop bacon.
2. In a small bowl, mix the bacon, cheese and 4 tsp of the bbq sauce
3. Cut a pocket in each pork chop. Salt and pepper chops
4. Add cheese mixture into pockets. Secure with a toothpick
5. Cook in air fryer on 360 for 15 minutes, turning halfway through cooking.
6. Microwave remaining bbq until warm. Brush sauce on cooked chops and top with green onions.
7. No Air Fryer?? Brown pork chops in a skillet on the

stove, turning once until browned Bake 8-10 minutes in  
450 oven.