

Air Fryer Stuffed Pork Chops

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This is from the new Skinnytaste Air Fryer Cookbook. I made a few modifications that Kristie over at Planning Us Healthy on YouTube suggested. 1 serving is 6 FSP

FOR PORK

- 4 boneless porkchops
- 1 tsp salt
- 1/2 tsp dried sage
- 1/2 tsp garlic powder
- 1/4 tsp cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp paprika
- 1/4 tsp black pepper
- 2 tsp pure maple syrup
- 2 tsp dijon mustard

FOR APPLE STUFFING

- 1/2 Tbsp light butter
- 1 apple (peeled and thinly sliced)
- 1/2 onion (chopped)
- 1/4 cup celery (chopped)
- 1/2 tsp salt
- 1/2 tsp dried sage
- 1/2 tsp garlic powder
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg

1. Pound pork to about 3/4 inch thickness. In a small bowl, mix Dijon mustard and maple syrup. Set aside. Add remaining pork ingredients together. Cut a deep pocket in pork chops, being careful not to cut all the way through. Rub spice mixture all over and inside pork chops.
2. In a large skillet, melt the butter on medium high heat. Add apples, onion, celery and spiced for the apple stuffing. Stir to mix. Cover and cook for approximately 10 minutes or until soft, stirring occasionally.
3. Fill each pocket with 1/4 of the stuffing mixture.
4. Preheat air fryer to 400 degrees. Spray basket with olive oil spray. Place pork chops in basket and air fry for 3 minutes. Flip pork chops, brush with maple syrup/dijon mixture and air fry for about another 4 minutes.