Stuffed Pork Chops

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Serves 4, 5 FSP per serving

Adapted from Dinner at the Zoo

If you use different brands/varieties than stated, make sure you adjust the points accordingly

- 4 boneless pork chops
- 1/2 cup sundried tomatoes (dry or water packed)
- 1/2 cup fresh spinach leaves
- 1/2 cup lite mozzarella cheese (*recipe points calculated using Trader Joe's mozzarella)
- 1 tsp Italian seasoning
- 3/4 tsp salt
- 1/4 tsp pepper
- 1 Tbsp olive oil
- 1 Tbsp parsley (chopped)
- 1. Preheat oven to 400
- 2. Slice a deep pocket into each pork chop, but do not cut all the way through
- 3. Divide the sun dried tomatoes evenly between the pockets in the pork chops, then layer in a handful of spinach leaves and 2 Tbsp cheese.
- 4. Use toothpicks to seal each pork chop shut so that the filling will not spill out during cooking

- 5. Sprinkle the Italian seasoning, salt and pepper over both sides of each pork chop.
- 6. Heat the olive oil in a large oven proof pan over medium high heat. Cook the pork chops for 3-4 minutes on each side or until golden brown.
- 7. Place chops in oven. Bake for 8-10 minutes or until a thermometer inserted in the thickest part of the chop reads a minimum of 145, or if you prefer a more well done chop, 175 degrees. Remove pan from oven and let sit 3 minutes. Sprinkle with parsley and serve.