

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.