



RECIPES

Diced apples, onions and celery are combined with chopped pecans for a savory and sweet stuffed pork chop.

CRANBERRY & NUT STUFFED PORK CHOPS

Stuffing:

- 1 tablespoon olive oil
- 1 small apple, peeled, cored and diced
- 1/2 cup diced onion
- 1/2 cup diced celery
- 1 1/2 cups fat-free chicken broth
- 1/4 cup sweetened dried cranberries, chopped
- 1 package (6 ounces) seasoned stuffing mix
- 1/4 cup Fisher Chef's Naturals Chopped Pecans
- 2 tablespoons chopped fresh flat-leaf parsley

Pork Chops:

- 6 center-cut (1 1/2-inch thick) pork chops (about 2 1/2 pounds)
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Preheat oven to 350°F. For stuffing: Heat oil in large skillet over medium heat 1 minute until hot. Add apple, onion and celery. Cook and stir 3 to 4 minutes until softened. Add broth and cranberries; cook 3 to 4 minutes until mixture begins to bubble. Stir in stuffing mix, pecans and parsley. Remove from heat; set aside.

For pork chops: Lightly spray 9 x 13-inch baking dish with vegetable oil spray; set aside. Place pork chops on work surface. Cut a slit horizontally in each pork chop forming pocket. Spoon stuffing into pocket of each pork chop. Secure pork chops using toothpicks. Sprinkle with salt and pepper.

Heat oil in large skillet over medium-high heat 1 minute until hot. Add pork chops; cook 2 to 3 minutes per side until deep golden brown. Transfer pork chops to baking dish.

Bake 15 to 20 minutes until internal temperature reaches 155°F to 160°F on instant-read thermometer inserted in pork. Remove from oven to cooling rack; loosely cover with aluminum foil. Allow pork chops to rest 8 minutes before serving.

Yield: 6 pork chops

Nutrition information per serving (1 pork chop): 500 Calories, 24 g Total Fat, 8 g Saturated Fat, 0 g Trans Fat, 100 mg Cholesterol, 1490 mg Sodium, 32 g Carbohydrate, 2 g Dietary Fiber, 9 g Sugars, 39 g Protein