

Stuffed Pork Chops

Courtesy of Carole's Creations

Prep Time: 30 minutes

Cooking Time: 20 minutes

Serves: 4

CChints: Zest the lemon first with a microplane and set that aside. A microplane is a handy tool to have in your kitchen. Roll the lemon on your work surface to get the juices flowing before you cut it. Juice from half lemon is about 2 tablespoons. Pork chops with the bone will take about 5 minutes longer to cook.



2 tablespoons olive oil, divided in half
2 cloves, minced bottled garlic
1 – 10oz. pkg. chopped, frozen spinach, thawed and squeezed dry
10 sun-dried tomatoes, diced
1/2 teaspoon each salt and pepper
1/4 teaspoon dried thyme
1/2 teaspoon dried basil
1/4 cup goat cheese
3 ounce package of reduced-fat cream cheese or about half of an 8oz. package
4 center-cut pork chops, 4 oz. each
14 ounce can low-fat, low sodium chicken broth
Zest from 1/2 a lemon
Side dish can be mashed potatoes or corn, acorn squash, etc.

Heat 1 tablespoon olive oil in a medium sauté pan over medium heat. Stir in garlic and cook, stirring, about 1 minute. Add the spinach through basil to the pan and cook about 2 minutes. Pour this mixture into a medium bowl and set aside. Add the goat cheese and cream cheese to the bowl quickly so the warm mixture will blend well with both cheeses.

Wash the pork chops and pat them dry. Use a sharp knife to cut a slit into the pork chop to make a pocket. If boneless, do not slice all the way through to the other side....leave a hinge. Take about 1/4 of the stuffing and place it inside each pork chop. Don't make a mound, try to flatten the mixture out evenly through the pocket.

Start your side dish now. Depending on what you select, try to time it so that this dish and your pork chops are ready at the same time.

Heat the last 1 tablespoon of olive oil in a large, approx. 11", skillet of medium high heat. If you have a cast iron skillet, now is the time to use it. Add the pork and cook until golden brown on each side, about 8 minutes total. While these are cooking, combine the chicken broth and lemon zest in a small bowl. When the pork is done, take it out of the skillet and put on a plate and cover with foil to keep warm. Add the chicken broth mixture to the skillet and scrape the brown bits off the bottom and the broth simmers. Turn the heat down to medium and in about 8 minutes the broth will have reduced by half. In these 8 minutes get your table set and do a little cleaning up.

Place 1 pork chop on each plate and top with sauce, yum! Serve with a side dish (s)