

Stuffed Pork Chops

Apricots and sage add delightful flavor to these corn bread-stuffed pork chops that the whole family will love.

WHAT YOU NEED

- 2 butterfly pork chops, cut 2 inches thick (about 1 pound each)
- 1 cup plain corn bread stuffing (purchased or homemade) or baked cornbread cut into pieces.
- ½ cup finely chopped apple
- ¼ cup finely chopped celery
- 2 tablespoons chopped green onion
- 2 teaspoons chopped fresh sage or 1 teaspoon dried sage
- ¼ cup finely chopped walnuts
- ¼ cup golden raisins
- 1 teaspoon salt
- ½ teaspoon pepper
- ¼ cup olive oil
- 4 fresh apricots, sliced
- Fresh sage leaves

HOW TO MAKE PORK CHOPS

- 1 Preheat oven to 350°F. Grease a shallow baking dish. Set aside. Using a sharp knife, cut the butterfly pork chops in half. See Photo A. Using a smaller knife, make a pocket in the side of each piece. See Photo B. Set aside.
- 2 In a medium bowl stir together corn bread stuffing, apple, celery, onion, and chopped or dried sage. Add walnuts, raisins, salt, and pepper. Mix well. Stuff the mixture into the pockets of the pork chops. See Photo C.

NUTRITION PER SERVING:

270 calories, 13g fat, 2g saturated fat, 35mg cholesterol, 450 mg sodium, 26g carbohydrate, 2g fiber, 12g protein



- 3 In a large skillet heat oil. Add pork chops and brown on both sides. Transfer to prepared baking dish. Top with apricots and sage leaves. Cover with foil and bake about 50 minutes or until chops are thoroughly cooked. Serve immediately. Serves 4.

