

Herb-Stuffed Pork Chops



Hands-On Prep 20 MIN

Cook 25 MIN

Serves 4

1 Preheat the oven to 400°F. Spray a 1-quart shallow baking pan with nonstick spray.

2 To make the filling, combine the bread crumbs, celery, onion, egg substitute, parsley, thyme, and pepper in a medium bowl.

3 Make a pocket in the side of each pork chop by inserting a sharp paring knife into the thickest part and cutting gently back and forth until a large, deep cavity is formed. Fill each pocket with about 2 tablespoons of the filling. Secure the opening with wooden picks.

4 Spray a large nonstick skillet with nonstick spray and set over medium heat. Add the chops and cook until golden brown, about 2 minutes on each side. Transfer the chops to the baking pan. Cover with foil and bake until the pork is no longer pink and the vegetables in the stuffing are tender, about 10 minutes. Uncover and bake until the stuffing is golden and slightly crispy, about 10 minutes longer.

PER SERVING (1 chop): 208 Cal, 9 g Fat, 3 g Sat Fat, 0 g Trans Fat, 70 mg Chol, 101 mg Sod, 5 g Carb, 1 g Fib, 26 g Prot, 28 mg Calc.

POINTS value: 5.

How We Did It We retain the great flavor of the pork by browning it on the stove top and finishing it in the oven. This helps to seal in the juices too.

3 tablespoons plain dried bread crumbs

½ celery stalk, finely chopped

½ small onion, finely chopped

2 tablespoons fat-free egg substitute

1 tablespoon chopped flat-leaf parsley

1 teaspoon chopped fresh thyme

¼ teaspoon freshly ground pepper

4 (4-ounce) boneless loin pork chops, trimmed

