

Herb Stuffed Pork Chops

These Pork Chops always make me think of Fall, which arrives this week. Browning the pork chop before baking helps the chops seal in their natural juices and retain their delicious flavor.

- 1/4 cup dried plain breadcrumbs
- 1/2 celery stalk, finely chopped
- 1/2 small onion, finely chopped
- 1 egg white
- 1/2 tsp. dried thyme
- 1 Tbsp. chopped fresh parsley
- 1/4 tsp fresh ground pepper
- 4 (4 ounce) boneless loin pork chops

Nutrition Facts	
Serving Size 1 chop	
Servings Per Container 4	
Amount Per Serving	
Calories 208	Calories from Fat 81
% Daily Values*	
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 101mg	4%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 26g	52%

*Percent Daily Values are based on a 2,000 calorie diet.

Preheat the oven to 400°F.

Make the filling by mixing the bread crumbs, egg white, celery, onion, pepper, parsley, and thyme in a bowl

Make a slit in the side of each pork chop by inserting a sharp knife into the thickest part and cutting gently back and forth until you form a pocket. Fill each pocket with about 2 Tbsp of herb filling.

Brown each pork chop for about 2 minutes on each side in a skillet that has been sprayed with non-stick cooking spray. Place browned chops into a baking dish, cover with foil, and bake for 10 minutes or until no longer pink. Remove foil and bake until stuffing turns brown and crispy.

Today's conversation starter:

What is your favorite season
and why?

