



Apple-stuffed Pork Chops

Makes 4 servings

Ingredients

- 2 tablespoons canola oil, divided
- 1/3 cup chopped onion
- 4 small apples, peeled, cored and diced
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon ground cloves
- 1/2 teaspoon ground sage
- nonstick cooking spray
- 4 5-ounce pork chops (about 1/2- to 1-inch thick)

Directions

1. In a medium skillet, heat 1 tablespoon canola oil over medium heat. Add onion and apple. Cook, stirring frequently, for 5 minutes. Add vinegar, cloves and sage. Cook for another 5 minutes. Transfer to a plate and place in the refrigerator for 10 to 15 minutes.
2. Preheat oven to 350 F. Grease a baking dish lightly with nonstick cooking spray.
3. Using a sharp knife, cut a large pocket into each pork chop. Stuff the pork chops with the cooled apple mixture and secure with toothpicks.

(directions continued on back)



MAIN DISH



Directions (continued)

4. In a medium skillet, heat the remaining oil over medium-high heat. Place stuffed pork chops in the skillet. Cook for 3 minutes on each side. Transfer pork chops to the greased baking dish. Spread any leftover apple stuffing over the pork chops. Cover the baking dish with foil.
5. Bake for 40 minutes or until a cooking thermometer inserted into the center of a pork chop reaches 150 F. Remove the foil and bake for another 10 minutes, until the apple mixture is golden-brown around the edges. Serve warm.

♥ = heart smart

⊗ = low sodium

GF = gluten free

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Nutrition Facts

Serving Size 1 pork chop with stuffing (315g)
Servings Per Container 4

Amount Per Serving

Calories 320 Calories from Fat 110

% Daily Value*

Total Fat 13g 20%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 80mg 27%

Sodium 95mg 4%

Total Carbohydrate 24g 8%

Dietary Fiber 4g 16%

Sugars 17g

Protein 31g

Vitamin A 2% • Vitamin C 15%

Calcium 2% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	25g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 1 1/2