



Cranberry-Apple Stuffed Pork Chops

Prep: 40 minutes

Bake: 25 minutes • Serves: 6

- Nonstick cooking spray
- 1 large Golden Delicious apple, peeled, cored and cut into ½-inch pieces (about 1½ cups)
- 1 cup less-sodium chicken broth
- 4 tablespoons unsalted butter
- 1 package (6 ounces) unprepared stuffing mix for pork
- ¾ cup dried cranberries
- 6 (1-inch-thick) bone-in pork loin rib chops
- ½ teaspoon salt
- ½ teaspoon ground black pepper

1. Preheat oven to 400°. Line large rimmed baking pan with aluminum foil; spray foil with nonstick cooking spray. In small saucepot, add apple, broth and butter; heat to boiling over medium-high heat. Stir in stuffing mix and cranberries. Remove saucepot from heat; cover and let stand 5 minutes. With fork, fluff stuffing. Makes about 4¼ cups.

2. Meanwhile, with sharp knife, carefully slice each pork chop horizontally all the way to the bone to form a pocket. Sprinkle both sides of pork chops with salt and pepper. Place heaping ¾ cup stuffing in pocket of each pork chop. Place pork chops on prepared pan.

3. Bake pork chops 25 to 30 minutes or until internal temperature of stuffing reaches 165° and pork reaches 145°.

*Approximate nutritional values per serving:
455 Calories, 20g Fat (10g Saturated), 81mg Cholesterol,
763mg Sodium, 38g Carbohydrates, 2g Fiber, 24g Protein*