

## **Pork**

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# **Pepper-Stuffed Pork Chops**

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**Servings: 4**

**Preparation Time: 25 minutes**

**Cook time: 15 minutes**

**1 medium sweet red pepper, chopped**  
**1/4 cup onion, finely chopped**  
**1 clove garlic, minced**  
**2 teaspoons olive oil, divided**  
**1 cup bread, cubed**  
**1 can (4 oz) chopped green chilies, drained**  
**1/2 cup frozen corn, thawed**  
**1/2 cup part-skim mozzarella cheese, shredded**  
**4 3/4-inch thick, 7 ounce bone-in pork chops**  
**1/4 teaspoon salt**  
**1/4 teaspoon pepper**

In a large nonstick skillet coated with nonstick cooking spray, saute' the red pepper, onion and garlic in one teaspoon of olive oil until tender.

Stir in the bread cubes, chilies and corn. Cook for 2 minutes longer. Transfer to a bowl. Stir in the cheese.

Cut a pocket in each pork chop by slicing almost to the bone. Fill the pocket with stuffing. Secure with toothpicks if necessary. Sprinkle the chops with salt and pepper.

Coat the same skillet with nonstick cooking spray. add the remaining oil.

Cook chops over medium heat for 5 to 7 minutes on each side or until browned.

Reduce the heat. Cover and cook for 5 to 8 minutes longer or until a meat thermometer reads 160 degrees.

Discard toothpicks before serving.

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Per Serving (excluding unknown items): 209 Calories; 5g Fat (19.6% calories from fat); 6g Protein; 37g Carbohydrate; 3g Dietary Fiber; 1mg Cholesterol; 453mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Vegetable; 1 Fat.