

Stuffed Alfredo Pork Chops

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Servings: 4

Preparation Time: 15 minutes

Bake Time: 25 minutes

1 package (8.8 oz) ready-to-serve long-grain rice

1 package (10 oz) frozen mixed vegetables

3/4 teaspoon garlic powder, divided

3/4 teaspoon Italian seasoning, divided

4 (6-ounce each) boneless pork loin chops

2 tablespoons butter

1 jar (15 oz) Alfredo sauce

Preheat the oven to 350 degrees.

Cook the rice and vegetables according to package directions.

In a small microwave-safe bowl, combine the vegetables, rice, 1/2 teaspoon of garlic powder and 1/2 teaspoon of the Italian seasoning.

Using a sharp knife, cut a pocket in each pork chop. Fill each chop with about 1/3 cup of the rice mixture. Secure with toothpicks if necessary. Set aside the remaining rice mixture.

In a large skillet, brown the chops on both sides in butter. Transfer to a greased 8-inch square baking dish.

Cover and bake for 25 to 30 minutes or until a meat thermometer reads 160 degrees.

Meanwhile, in a small saucepan, combine the Alfredo sauce, remaining garlic powder and remaining Italian seasoning. Heat through.

Cover and microwave the remaining rice mixture on HIGH for 30 to 45 seconds or until heated through.

Serve with the chops and sauce mixture.

Per Serving (excluding unknown items): 112 Calories; 9g Fat (66.7% calories from fat); 2g Protein; 7g Carbohydrate; 2g Dietary Fiber; 24mg Cholesterol; 163mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 1/2 Fat.