

Pork Chops Stuffed with Feta and Spinach

Ingredients:

- Cooking spray
- garlic cloves, minced and divided
- ½ tsp salt, divided
- ¼ tsp freshly ground black pepper, divided
- 5 sun-dried tomatoes, packed without oil, diced
- 1 (10-oz) pkg frozen chopped spinach, thawed, drained, and squeezed dry
- ¼ cup (1 oz) crumbled reduced-fat feta cheese
- 3 tbs (1½ ounces) block-style fat-free cream cheese
- ½ tsp grated lemon rind
- 4 (4-oz) boneless center-cut loin pork chops, trimmed
- 2 tbs fresh lemon juice
- 2 tsp Dijon mustard
- ¼ teaspoon dried oregano

Directions:

- Preheat broiler.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add 2 garlic cloves; sauté 1 minute. Add ¼ teaspoon salt, ⅛ teaspoon pepper, tomatoes, and spinach; sauté until moisture evaporates. Remove from heat; stir in cheeses and rind.
- Cut a horizontal slit through thickest portion of each pork chop to form a pocket. Stuff about 1/4 cup spinach mixture into each pocket. Sprinkle remaining ¼ teaspoon salt and remaining ⅛ teaspoon pepper over pork.
- Arrange pork on the rack of a broiler pan or roasting pan coated with cooking spray; place rack in pan.
- Combine remaining 2 garlic cloves, juice, mustard, and oregano in a bowl; stir well. Brush half of mustard mixture over pork. Broil 6 minutes; turn pork. Brush remaining mixture over pork; broil 2 minutes or until done.

Yield: 4 servings

Nutritional Information: Calories 232 (33% from fat); Fat 8.6g; Protein 32.1g; Carbohydrate 7.2g; Fiber 2.8g; Cholesterol 73mg; Iron 2.5mg; Sodium 640mg; Calcium 186mg

Recipe Source: David Bonom, Cooking Light, APRIL 2007

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.