



## Cranberry-Apple Stuffed Pork Chops

**Prep: 40 minutes**

**Grill: 10 minutes • Serves: 6**

- 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) Farmland bone-in pork loin rib chops
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- Nonstick cooking spray

**1.** Prepare grill for direct grilling over medium heat. 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 ⅔ cup stuffing in pocket of each pork chop; secure with toothpicks. Spray both sides of pork chops with nonstick cooking spray.

**3.** Grill pork chops 10 to 12 minutes or until internal temperature of stuffing reaches 165° and pork reaches 145°, turning once halfway through cooking.

*Approximate nutritional values per serving:*

*455 Calories, 20g Fat (10g Saturated), 81mg Cholesterol, 763mg Sodium, 38g Carbohydrates, 2g Fiber, 24g Protein*

### Get Inspired

*To bake stuffed pork chops, spray foil lined baking pan with cooking spray. Bake in preheated 400° oven for 25 to 30 minutes or until internal temperatures listed in recipe are reached.*