

# BRC Healthy Meal of the Week

## Baked Stuffed Pork Chops with Apple Stuffing - Another Delicious, Well Balanced Meal Under 400 Calories!

### Ingredients (Serves 4)

#### Total Prep Time 10-20 minutes

- 4 pork loin chops
- salt to taste
- freshly ground black pepper
- 2 tablespoons olive oil
- 1 medium yellow onion, chopped
- 1/4 cup chopped celery
- 2 tart apples (such as Granny Smith), peeled, cored and chopped
- 1 1/2 cups bread cubes 1/4 cup chopped fresh parsley  
1/4 cup apple cider  
1 tablespoon Dijon mustard

### Cooking Instructions—Total Cooking Time 30 minutes

1. Preheat the oven to 350° F.
2. Heat 1 tablespoon of olive oil in a heavy skillet over medium-high heat. Season the pork chops with salt and pepper and brown them on both sides, about 2 minutes per side.
3. Transfer the pork chops to a [baking dish](#), turn the heat to medium and add the remaining olive oil to the skillet. Add the onion and celery and cook until the vegetables are soft. Add the apple and cook for 5 minutes more.
4. Add the bread cubes and parsley and remove from heat. Stir in just enough cider to moisten the mixture and season with salt and pepper.
5. Spread the mustard on top of each chop. Divide the stuffing mixture among the chops and pat it onto the mustard.
6. Bake the chops until they are fully cooked and the stuffing is nicely browned, about 20 minutes.

### Nutrition Facts

Serving Size is about 4-6oz. Of Chicken and 1 1/2 Cups of Vegetables

\*one serving of long-grain wild rice pilaf (about 1 cup cooked) is 200 calories

#### Nutrition Facts

- Serving Size 4
- Calories 364
- Protein 33 g
- Total Carbohydrate 31 g
- Dietary Fiber 4 g
- Soluble Fiber 0 g
- Sugar 16 g
- Total Fat 12 g
- Saturated Fat 3 g
- Monounsaturated Fat 7 g
- Polyunsaturated Fat 1 g
- Trans Fatty Acid (tfa) 0 g
- Omega-3 Fatty Acid 0 g
- Omega-6 Fatty Acid 1 g
- Cholesterol 89 mg
- Percent Calories from Fat 30 %
- Percent Calories from Protein 36 %
- Percent Calories from Carbohydrate 34 %

