



Dinner Tonight!

Corn Stuffed Pork Chops

1/4 cup chopped onion
1/4 cup chopped green pepper
1 Tablespoon butter (or olive oil)
3/4 cup corn bread stuffing mix
1/2 cup frozen corn, thawed
2 Tablespoons diced pimientos
1/4 teaspoon salt
1/8 teaspoon ground cumin
1/8 teaspoon pepper
4 center cut pork chops

In a large skillet, sauté onion and green pepper in butter or olive oil for 3-4 minutes or until tender. Stir in the stuffing mix, corn, pimientos, salt, cumin, and pepper. Cut a pocket in each pork chop by making a horizontal slice almost to the bone; fill with stuffing. Secure with toothpicks if necessary. Place in an 11-in. x 7-in. x 2-in. baking dish coated with cooking spray. Bake, uncovered, at 375 degrees for 35-40 minutes or until meat juices run clear and meat thermometer reads 160 degrees. Discard toothpicks before serving.

Serves: 4

Cost per serving: \$3.00

Nutrition facts per serving: (does not include the options mentioned above)

Calories: 297

Total Fat: 12 g

Cholesterol: 94 mg

Sodium: 433 mg

Total Carbohydrate: 14 g

Protein: 13 g

**This recipe courtesy of Taste of Home.