

SPINACH STUFFED PORK CHOPS WITH LEMON DIJON CAPER SAUCE



INGREDIENTS

ITEM

Olive oil
Capers
Garlic Powder
Sun-dried tomatoes diced
Frozen Spinach
Salt and Black Paper
Freshly Ground Black Pepper
Dried Thyme
Pork Chops
Chicken Broth

QUANTITY

1 tbsp.
1 tbsp.
3 tsp.
6
10 oz.
To Taste
½ tsp.
¼ tsp.
4 4 oz each
1½ cups



PREPARATION

- Preheat the oven to 375°F.
- Using a sharp knife, cut a pocket in the thickest part of each pork chop, being careful not to cut all the way through.
- In a small bowl, mix together the olive oil, salt, black pepper, garlic powder, Sun-dried tomatoes, and dried thyme. Rub the mixture all over the pork chops.
- In another bowl, mix together the chopped spinach. Stuff each pork chop with the spinach mixture.
- Heat a large oven-safe skillet over medium-high heat. Add the pork chops and cook for 3-4 minutes per side, or until browned.
- Transfer the skillet to the oven and bake for 15-20 minutes, or until the internal temperature of the pork chops reaches 145°F.
- While the pork chops are baking, prepare the sauce. In a small saucepan, combine the Dijon mustard, capers, lemon juice, lemon zested, and chicken broth. Bring the mixture to cook for 1-2 minutes, or until slightly thickened. Remove from heat and stir in the butter until melted.
- Serve the pork chops with the caper sauce drizzled over the top. Enjoy!