

Pork Chops Stuffed with Sun-Dried Tomatoes and Spinach (Food Network)

1 T. olive oil, plus 1 T.
2 cloves garlic, minced
6 sun-dried tomatoes, diced
1 (10 oz.) bag of frozen spinach, thawed and excess water squeezed out
½ t. salt, plus more for seasoning
½ t. freshly ground black pepper, plus more for seasoning
¼ t. dried thyme
¼ c. (2 oz.) goat cheese
⅓ c. reduced-fat cream cheese
4 (4 oz.) center-cut pork chops
1½ c. chicken broth
½ lemon, zested
2 t. lemon juice
2 t. Dijon mustard

Warm the 1 T. olive oil in a medium sauté pan over medium heat. Add the garlic and cook until fragrant, about 1 minute. Add the sun-dried tomatoes, spinach, salt, pepper, and thyme. Cook until combined, about 2 more minutes. Transfer the mixture to a medium bowl. Add the goat cheese and the cream cheese. Stir to combine and set aside.

Use a sharp knife to cut a pocket into the thickest portion of the pork chop. Stuff each pocket with ¼ of the spinach and sun-dried tomato mixture and close the pork around the stuffing. Season the outside of the pork with salt and pepper.

In a small bowl combine the chicken broth, lemon zest, lemon juice, and mustard.

Warm the remaining 1 T. olive oil in a large, heavy skillet over medium-high heat. When the pan is hot add the pork. Cook until golden and cooked through, about 4 minutes per side. Transfer the pork to a side dish and tent with foil to keep warm. Add the chicken broth mixture to the skillet over medium-high heat. Scrape up the brown bits from the bottom of the pan as the chicken broth simmers. Reduce the broth by half to make a light sauce, about 8 minutes. Spoon some sauce over the pork before serving.