

Spinach Stuffed Pork Chops with Balsamic Fig Sauce

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Ingredients:

- 1 10 oz package frozen spinach, thawed and drained (use a towel to squeeze out excess water after thawed)
- 1 cup nonfat Greek Yogurt
- ¾ cup crumbled goat cheese
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp pepper
- 4 boneless center-cut pork loin chops
- 1/8 – ¼ tsp salt
- 1/8 – ¼ tsp pepper
- 2 Tbsp fresh rosemary, finely chopped
(or 2 tsp dried rosemary)
- 1 Tbsp olive oil

Sauce: (Adapted from the [kitchen culinaire](#))

- 1 Tbsp butter
- 6 fresh figs, stemmed and quartered
- 3 Tbsp balsamic vinegar
- 2 Tbsp brown sugar
- 1/3 cup water



Directions:

- 1) Pre-heat the oven to 325 degrees Fahrenheit.
- 2) Combine spinach, yogurt, goat cheese, garlic powder, onion powder, and pepper in a medium-sized bowl and set aside.
- 3) With a paring knife, carefully make a slit in the fatty side of the chops. Work the knife about ¾ of the way through without cutting through it. (This is where you will add the filling, so give enough space for your creamy stuffing).
- 4) Season pork on both sides with salt, pepper, and rosemary. Add about 3 tablespoons of spinach, yogurt and cheese mixture to the inside of each chop. Be sure not to over-stuff!
- 5) Heat olive oil in a medium sized pan. Sear chops for 3 minutes on each side.
- 6) Line a sheet pan with aluminum foil or spray with non-stick cooking spray. Transfer pork chops to the pan and bake for 7-9 minutes. If using a thermometer, ensure the probe is in the meat, not the stuffing and has reached an internal temperature of 145 degrees F.
- 7) To make the sauce, melt butter in a saucepan over medium heat. Add figs and allow them to cook for 2 minutes. Remove figs and add vinegar, brown sugar and water to the saucepan. Bring to a boil and cook for 4-5 minutes until slightly reduced. Add figs back to the sauce to keep warm.
- 8) Drizzle sauce over pork chops and serve immediately.

Cook's Tip:

- Re-use leftover spinach, yogurt, and cheese stuffing as a dip for raw veggies or pita bread. This is a great appetizer or snack for your lunch box. Just be sure when stuffing the raw meat, you are not cross contaminating.

Yields: 4-6 servings

Time: 45 minutes