Herb-Stuffed Pork Chops

**Hands-On Prep** 20 MIN  
**Cook** 25 MIN  
**Serves** 4

1. Preheat the oven to 400°F. Spray a 1-quart shallow baking pan with nonstick spray.

2. To make the filling, combine the bread crumbs, celery, onion, egg substitute, parsley, thyme, and pepper in a medium bowl.

3. Make a pocket in the side of each pork chop by inserting a sharp paring knife into the thickest part and cutting gently back and forth until a large, deep cavity is formed. Fill each pocket with about 2 tablespoons of the filling. Secure the opening with wooden picks.

4. Spray a large nonstick skillet with nonstick spray and set over medium heat. Add the chops and cook until golden brown, about 2 minutes on each side. Transfer the chops to the baking pan. Cover with foil and bake until the pork is no longer pink and the vegetables in the stuffing are tender, about 10 minutes. Uncover and bake until the stuffing is golden and slightly crispy, about 10 minutes longer.

**PER SERVING** (1 chop): 208 Cal, 9 g Fat, 3 g Sat Fat, 0 g Trans Fat, 70 mg Chol, 101 mg Sod, 5 g Carb, 1 g Fib, 26 g Prot, 28 mg Calc.  
**POINTS** value: 5.

**How We Did It** We retain the great flavor of the pork by browning it on the stove top and finishing it in the oven. This helps to seal in the juices too.