



Nutty Blue Cheese-Stuffed Pork Chops

Ingredients:

- 4 bone-in pork loin rib chops, 1 1/4-inch thick
- 1/2 cup carrot, shredded
- 1/4 cup pecans, chopped
- 1/4 cup crumbled blue cheese (1 ounce)
- 1 green onion, thinly sliced
- 1 teaspoon Worcestershire sauce
- 1/4 cup plain yogurt
- 4 teaspoons flour
- 3/4 cup milk
- 1/2 teaspoon chicken bouillon granules
- Dash ground black pepper
- 2 tablespoons crumbled blue cheese (optional)

Makes: 4 servings.

Prep Time: 20 minutes

Cook Time: 20 minutes



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Directions:

- Preheat the grill to medium heat.
- For stuffing
 - Stir together carrot, pecans, 1/4 cup blue cheese, green onion and Worcestershire sauce in small bowl.
 - Cut opening in each chop from the outer side; widen opening into pocket, being careful not to cut through the other side of the chop.
 - Fill pockets in chops with equal amounts of the stuffing.
 - Secure with toothpicks.
- Place on grid and grill until internal temperature is 160°F. (check temperature in thickest part of meat).
- For sauce
 - stir together yogurt and flour in small saucepan.
 - Whisk in milk, bouillon granules and pepper.
 - Cook over medium heat until thickened and bubbly, whisking constantly.
 - Cook and whisk for 2 minutes more.

Makes: 4 servings.

Prep Time: 20 minutes

Cook Time: 20 minutes



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- e. Stir in 2 tablespoons blue cheese, if desired.
5. Remove toothpicks from chops.
6. Spoon sauce over chops.

Makes: 4 servings.
Prep Time: 20 minutes
Cook Time: 20 minutes

Serving Suggestions

This easy-to-prepare entree is elegant enough to serve for company and simple enough to prepare for a weeknight. Bold flavors from the blue cheese mingle with the crunch of the pecans and subtle sauce. Serve with Alfredo noodles and steamed snap peas.

Recipe courtesy of the National Pork Board.



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