

## **APPLE STUFFED PORK CHOPS**

### **Equipment:**

Measuring Spoons

Measuring Cup

Microwave safe plastic bowl with cover

### **Ingredients:**

4 pork chops, 1" (2.5 cm) 4 thick

1/4 cup butter or margarine, 50 ml melted

1/2 cup chopped apple 125 ml

1 slice bread, torn in bits 1

1/4 cup Cheddar cheese, grated 50 ml

2 tbsp orange juice 30 ml

2 tbsp celery, chopped 25 ml

1 tbsp onion, chopped 15 ml

1 tbsp raisins, chopped 15 ml

1 tsp sage, divided 5ml

1/4 tsp salt 1 ml

1/2 tsp black pepper 2ml

### **Procedure:**

1. Cut pocket in each chop. In bowl, combine butter, apples, bread, cheese, orange juice, celery, onion, raisins, 1/2 tsp (2 mL) sage, and salt; mix well.
2. Fill each pocket with stuffing.
3. Sprinkle chops with remaining sage and pepper
4. Arrange pork chops in 10" (25 cm) square dish.
5. Cover with plastic wrap. Cook at **P4** 15 - 18 minutes.

**To Complete:** Let stand, covered, 5 minutes. Place remainder of stuffing in bowl. Cover loosely, but completely with plastic wrap. Cook at **P4** 2 - 3 minutes, or until hot.

### **Chefs Tip:**

For added flavor, brown the meat in a pan on the stove top and use as the recipe states – be sure to deglaze the pan with any liquid in the recipe to extract every bit of flavor.