

# Baked Stuffed Pork Chops

Ginny Simon

Unitarian Universalist Fellowship of Vero Beach, FL 2000

## Servings: 4

*4 rib pork chops (each with a pocket), cut two-inches thick*  
*2 tablespoons butter or margarine*  
*1/3 cup finely chopped onion*  
*1/2 cup (one stalk) chopped celery*  
*1 1/2 cups (three slices) soft bread cubes*  
*1/4 cup dark raisins*  
*2 tablespoons chopped parsley*  
*1 teaspoon salt*  
*1/2 teaspoon dried marjoram leaves*  
*1/8 teaspoon pepper*  
*3 tablespoons apple juice*  
*1 teaspoon seasoned salt*

Preheat the oven to 350 degrees.

Wipe the pork chops well with damp paper towels.

Make the Savory Stuffing: In a skillet with melted butter, cook the onion and celery until tender, about 8 minutes. Add the bread cubes and brown slightly. Remove from the heat. Add the raisins, parsley, salt, marjoram, pepper and apple juice. Toss the mixture lightly to combine.

Fill the pockets in the chops with the savory stuffing. Stand the chops on the rib bones on a rack in a roasting pan. Sprinkle with seasoned salt. Pour water to a 1/2-inch depth in the roasting pan - water should not touch the rack. Cover the chops and the roasting pan with foil.

Bake the chops for 45 minutes. remove the foil.

Bake, uncovered, for 45 to 55 minutes longer or until the chops are tender and brown.

---

Per Serving (excluding unknown items): 66 Calories; 6g Fat (77.7% calories from fat); trace Protein; 3g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 948mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.