

# **Deconstructed Pear Pork Chops**

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**Servings: 4**

**Start to Finish Time: 30 minutes**

**1 package (6 oz) corn bread stuffing mix**  
**4 (6-ounce each) boneless pork loin chops**  
**1/2 teaspoon pepper**  
**1/4 teaspoon salt**  
**2 tablespoons butter**  
**2 medium pears, chopped**  
**2 medium sweet red peppers, chopped**  
**2 green onions, thinly sliced**

Prepare the stuffing mix according to package directions.

Sprinkle the chops with pepper and salt.

In a large skillet, brown the chops in butter.

Sprinkle with the pears and red pepper.

Top with the stuffing and onions.

Cook, uncovered, over medium heat for 8 to 10 minutes or until a meat thermometer reads 160 degrees.

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Per Serving (excluding unknown items): 119 Calories; 6g Fat (43.5% calories from fat); 1g Protein; 17g Carbohydrate; 3g Dietary Fiber; 16mg Cholesterol; 194mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1 Fruit; 1 Fat.