



Grilled Pork Chops Stuffed with Chilean Nectarines

INGREDIENTS

4 pork chops, bone on
salt and pepper
2 Tbsp. mint, chopped
1/2 tsp. dried red chili flakes
4 nectarines, sliced
1 cup mixed fresh blueberries and raspberries
1/3 cup apricot jam
1 Tbsp. champagne vinegar

INSTRUCTIONS

Rub chops with salt and pepper, mint, and chili flakes. Grill just to brown the outside on a preheated grill, about 3-5 minutes per side. Remove chops to a cutting board and cut a horizontal slice to make a pocket in each chop. Set aside.



In a mixing bowl, toss together sliced nectarines, berries, jam and vinegar. Arrange chops in a 9 x 12 baking dish. Gently stuff the chops with the nectarine mixture.

Add any remaining nectarine mixture and sauces on top of the chops. Place chops in a preheated 400°F oven for 20 minutes, or until chops reach an internal temperature of 145°-150°F.

SERVES 4

NUTRIENTS PER SERVING

400 calories, 180 calories from fat, 20 gms fat, 6 gms saturated fat, 69 mg cholesterol, 69 mg sodium, 3 gms fiber, 20 gms protein

Recipe from the Chilean Fresh Fruit Association