



# Mozzarella-Stuffed Pork Chops

## INGREDIENTS

- (2) 4-oz center cut boneless pork chops
- 1 oz Polly-O part-skim mozzarella (divided into two)
- 1 tsp breadcrumbs

## NUTRITION FACTS

Serves: 2

Amount Per Serving:

- Calories 170
- Total Fat 7 g
- Saturated Fat 3 g
- Cholesterol 63 mg
- Sodium 320 mg
- Carbohydrate 1 g
- Dietary Fiber 0 g
- Sugars 1 g
- Protein 26 g
- myWW Blue: 6
- myWW Purple: 6
- myWW Green: 6

## DIRECTIONS

1. Cut pockets in pork chops.
2. Add 1/2 oz mozzarella in each pocket. Secure with toothpicks
3. Sprinkle bread crumbs over top,  
Air fry at 400 for approximately 12 minutes  
**OR BAKE** in 425-degree oven for 15-20 minutes, or until pork reaches minimum temperature of 145 degrees. Let rest 5 minutes.

This recipe can be found at:

<https://planningushealthy.com/mozzarella-stuffed-pork>

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