

# **Sweet Apple and Onion Stuffed Pork Chops**

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## **Ingredients:**

- 6 boneless pork tenderloin chops, at least 1 1/2-2 inches thick
- 1 medium onion, diced
- 1 medium apple, diced (I used a red apple)
- 2 Tablespoons butter, melted
- 1 cup bread crumbs (I used Italian style)
- 1/4 cup shredded cheese (I used Vermont Sharp Cheddar)
- salt and pepper to taste

## **Directions:**

1. Heat a medium skillet over medium-high heat. Spray with nonstick cooking spray.
2. Add the diced onion and saute until tender, about 5 minutes.
3. Add the diced apple and saute until tender, about 3 minutes.
4. In a medium mixing bowl, melt the butter then add the bread crumbs and toss to coat.
5. To the bread crumb mixture, mix in the onion and apple.
6. Add the shredded cheese and mix to thoroughly combine.
7. Slice the pork chops lengthwise leaving about 1/2 an inch on one side still in tact.
8. Stuff pork chops with bread crumb mixture. Secure with toothpicks
9. Spray each side of the pork chops with nonstick cooking spray and season with salt and pepper.
10. Grill the pork chops (or cook on a skillet) until the juices run clear, about 20-25 minutes.
11. Remove from the grill and let rest about 5 minutes.
12. Remove toothpicks.
13. Serve and enjoy!!