

Barley and Fruit-Stuffed Chops



Prep Time: 30 minutes

Cook Time: 12 minutes

Ingredients:

1/3 cup water

¼ cup chopped onion

2 tablespoons quick-cooking barley

2 tablespoons mixed dried fruit bits

½ teaspoon finely shredded orange peel or lemon peel

¼ teaspoon salt

1 tablespoon fine dry bread crumbs

¼ teaspoon dried thyme, crushed

¼ teaspoon black pepper

1 teaspoon bottled minced garlic or 2 cloves garlic, minced

4 4-to-5 ounce boneless pork loin chops, cut ¾ inch thick

2 tablespoons orange juice

1 tablespoon honey

Directions:

1. For stuffing, in a small saucepan combine the water, onion, barley, fruit bits, orange peel, and salt. Bring to boiling; reduce heat. Simmer, covered for 5 minutes. Remove from heat. Cover and let stand for 5 minutes. Stir in fine dry bread crumbs, thyme, pepper, and garlic. Set aside.
2. Meanwhile, trim fat from chops. Make a pocket in each chop by cutting horizontally from the fat side almost to the opposite side.
3. Divide stuffing among pockets in chops. If necessary, secure each opening with a wooden toothpick.
4. Preheat broiler. Place chops on the unheated rack of a broiler pan. Broil 3 to 4 inches from the heat for 12 to 15 minutes or until the pork

juices run clear (meat and stuffing reach 160 F), turning once.

5. Meanwhile, in a small bowl combine orange juice and honey. Brush orange juice mixture on the chops for the last 2 minutes of broiling. Before serving, discard toothpicks.

Nutrition Facts

Amount per serving:

Calories	216
Total Carbs	14 g
Dietary Fiber	1 g
Total Fat	6 g
Saturated Fat	2 g
Protein	25 g
Sodium	236 mg