

Ham and Cheese-Stuffed Pork Chops with Dijon Sauce (Cooking for 2)

Prep 30 MIN
Total 45 MIN
Servings 2



Ingredients

Pork Chops

- 2 bone-in rib pork chops, 1 ½ inches thick
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 thin slices deli Swiss cheese (1 oz each)
- 2 thin slices deli ham (1 oz each)
- ¼ cup Gold Medal™ all-purpose flour
- 1 egg
- ⅔ cup Progresso™ plain panko crispy bread crumbs
- 3 tablespoons vegetable oil

Sauce

- 1 tablespoon olive oil
- ¼ cup finely chopped shallots
- ¾ cup Progresso™ chicken broth (from 32-oz carton)
- ½ cup dry white wine
- ½ cup heavy whipping cream
- 2 tablespoons Dijon mustard
- 1 tablespoon chopped fresh parsley leaves

Steps

- **1** Heat oven to 400°F.
- **2** Using small sharp knife, make pocket in each pork chop by cutting into side of chop toward bone. Season chops with ¼ teaspoon salt and ¼ teaspoon pepper.
- **3** Place Swiss cheese slices on top of ham slices, and starting from one of the short ends, roll up. Tuck 1 ham and cheese roll into each pork chop pocket.
- **4** In shallow pan, stir flour, remaining ¼ teaspoon salt and ¼ teaspoon pepper. Coat both sides of pork chops with flour mixture. Beat egg in shallow bowl with whisk to blend. Place bread crumbs in another shallow bowl. Dip pork chops into beaten egg; turn to coat. Dredge in bread crumb mixture, coating completely.
- **5** In 12-inch skillet, heat vegetable oil over medium-high heat. Add pork chops; cook 4 to 5 minutes or until golden brown, turning once. Transfer to lightly greased 15x10x1-inch pan. Bake 18 to 20 minutes or until pork is no longer pink (at least 145°F).
- **6** Meanwhile, in 8-inch skillet, heat olive oil over medium-high heat. Add shallots; cook 2 to 3 minutes, stirring occasionally, until tender. Add broth and wine; cook 10 to 15 minutes or until reduced by three-fourths. Stir in cream; cook 3 to 4 minutes, stirring occasionally, until slightly thickened. Stir in mustard and parsley. Remove from heat.
- **7** Place pork chops on serving plates. Serve with sauce.

Tips

- A 1-oz slice of Gruyère cheese can be substituted for each slice of Swiss cheese in this recipe.
- When choosing a ham for this dish, look for a variety that is not overly sweet. Black Forest ham is a good choice because it has a nice smoky flavor without a sweet glaze.

Nutritional Information

Serving Size: 1 Serving

Calories 920	Calories from Fat 540
Total Fat	60g 92%
Saturated Fat	23g 117%
Trans Fat	1g
Cholesterol	255mg 85%
Sodium	1810mg 76%
Potassium	580mg 16%
Total Carbohydrate	48g 16%
Dietary Fiber	2g 7%
Sugars	6g
Protein	44g

% Daily Value*:

Vitamin A 25%	Vitamin C 4%
Calcium 30%	Iron 20%

Exchanges:

2 Starch; 0 Fruit; 1 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 4 1/2 Lean Meat; 1 High-Fat Meat; 7 1/2 Fat;

**Percent Daily Values are based on a 2,000 calorie diet.*