



SERVING SIZE: 4 | PREP TIME: 25 MINUTES | COOK TIME: 45 MINUTES

# Mediterranean Stuffed Pork Chops With Herbed Orzo and Grilled Bell Peppers

Try a twist on the classic pork chops with this delicious Mediterranean stuffing.

## INGREDIENTS: Mediterranean Stuffed Pork Chops

- 4 *Open Prairie*<sup>®</sup> boneless pork chops, 8 oz each
- 6 ½ tsp olive oil, divided
- 2 tsp minced shallots
- 1 tsp minced garlic
- 2 Tbsp dry white wine
- 2 oz sun dried tomatoes, diced
- 2 oz artichoke hearts, diced
- 1 ½ oz Kalamata olives, sliced
- ¾ oz capers
- 3 oz feta, crumbled
- 2 Tbsp chopped parsley
- 2 tsp kosher salt
- 2 tsp smoked paprika
- 1 tsp fresh cracked black pepper

## INGREDIENTS: Herbed Orzo

- 3 q water, salted
- 1 ½ cup orzo
- 2 Tbsp chopped basil
- 1 ½ tsp chopped chives
- 2 tsp thyme leaves
- 2 tsp chopped parsley
- 1 tsp chopped oregano
- 2 Tbsp olive oil
- 1 ½ Tbsp lemon juice
- 2 tsp lemon zest
- 1 tsp kosher salt
- ½ tsp fresh cracked black pepper
- ¼ cup toasted almond slices

## INGREDIENTS: Grilled Bell Peppers

- 24 oz red, yellow, and green bell peppers
- 1 Tbsp olive oil
- 1 tsp kosher salt
- ½ tsp fresh cracked black pepper
- 3 Tbsp chopped basil

## DIRECTIONS:

1. Preheat oven to 350°F.
2. In medium saute pan, heat 1 ½ tsp olive oil over medium-high heat.
3. Add shallots and garlic; saute 2 to 3 minutes or until tender. Add wine; cook 2 minutes longer.
4. Remove pan from heat; add tomatoes, artichoke hearts, olives and capers. Stir stuffing mixture well; transfer to a plate. Cool in refrigerator while prepping pork chops.
5. Pat pork chops dry. Slice each chop horizontally with a boning knife almost to the other side of the chop.
6. Combine feta and parsley with cooled stuffing mixture; fill each chop with a quarter of mixture.
7. Coat each chop with 1 tsp olive oil; sprinkle each with salt, paprika and pepper.
8. In large saute pan, heat remaining 1 tsp olive oil over high heat. Sear chops 3 to 5 minutes per side or until golden.
9. Transfer pork chops to rack over a shallow roasting pan. Roast chops for 15 to 20 minutes or until an internal temperature of 130°F. Let chops rest for at least 10 minutes before serving.
10. **For herbed orzo:** In medium saucepan, bring water to a boil. Stir in orzo; boil for 6 to 8 minutes or until al dente.
11. Drain orzo; transfer back to saucepan.
12. Gently mix in basil, chives, thyme, parsley, oregano, olive oil, lemon juice and zest, salt and pepper.
13. Sprinkle orzo with toasted almonds before serving.
14. **For grilled bell peppers:** Preheat grill on high.
15. Cut peppers into medium-size pieces. In large mixing bowl, toss peppers with olive oil, salt and pepper.
16. Grill peppers 3 to 5 minutes on each side or until tender.
17. Remove peppers from grill; sprinkle with basil before serving.

SERVINGS: 4 | CALORIES: 880 | TOTAL FAT: 55g | SODIUM: 2840mg | TOTAL CARBOHYDRATE: 41g | PROTEIN: 60g

\*Minimally processed. No artificial ingredients.

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