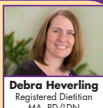




The Dietitian's DISH



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Take the Labor Out of **LABOR DAY**

Whether you're planning to grill for family or an end-of-summer picnic, being able to enjoy the day to its fullest can be accomplished when you prep items ahead. Although grilling burgers and hot dogs is an American tradition, something a bit more elaborate can also be easy with the right preparation ahead of time.



As you plan for how you'll spend your Labor Day, consider what items on the menu can be prepared in advance. Try vegetable skewers - have them cleaned, chopped, and assembled ahead of time.

These stuffed pork chops can cook in under 15 minutes, so cook up the filling and assemble ahead of time for maximum enjoyment of your Labor Day festivities.



Grilled Lemon-Spinach Stuffed Pork Chops

Ingredients:

- 1 garlic clove, minced
- 3 Tbsps. finely chopped shallot
- 3 tsps. olive oil
- 1 bag (8 ounces) baby spinach
- 3/4 tsp. lemon zest
- 3/4 tsp. salt
- 1/4 + 1/8 tsp. ground black pepper
- 4 boneless center-cut pork chops (about 2 pounds)

Directions:

Steps 1 & 2 can be done a day ahead.

1. In large skillet, cook garlic and shallot in 2 teaspoons oil over medium heat 2 minutes or until softened, stirring occasionally. Stir in spinach and cook 2 minutes or until spinach is wilted; remove from heat. Stir in lemon zest, 1/4 teaspoon salt and 1/8 teaspoon black pepper; cool 5 minutes and coarsely chop.
2. With sharp knife, carefully cut a horizontal slit in thickest part of each pork chop to create a pocket; stuff each pork chop with about 2 tablespoons spinach mixture. Coat pork chops with 1 teaspoon oil; sprinkle with 1/2 teaspoon salt and 1/4 teaspoon black pepper.
3. Prepare outdoor grill for direct grilling over medium heat. Place pork chops on hot grill rack; cover and cook 12 minutes or until internal temperature of pork chops reaches 145°, turning once halfway through cooking.