

DEBORAH ADAMS'S

Pork Chops Rockefeller with Parmesan Asparagus

SERVES: 2

2 bone-in or boneless pork chops
½ tsp garlic powder
½ tsp salt and pepper
2 tbsp vegetable oil
1 cup baby spinach, cleaned and chopped
3 tbsp chives and onion cream cheese
½ cup shredded Parmesan cheese, divided in half
2 tsp lemon juice
¼ cup Italian breadcrumbs
2 tbsp butter, melted
2 tbsp mayonnaise
12 oz asparagus, washed and woody ends trimmed
cooking spray

1. Preheat the oven to 400°F.
2. Cover a baking sheet with foil and spray with cooking spray.
3. Wash pork chops and pat dry. Sprinkle it with garlic powder, salt, and pepper.
4. Heat a non-stick skillet with 2 tbsp vegetable oil.
5. Cook pork chops in a skillet on medium heat for 4-7 minutes on each side.
6. Combine spinach, cream cheese, mayonnaise, lemon juice, and ¼ cup Parmesan.
7. Combine breadcrumbs with butter. Put asparagus on half of a sheet pan and spray with cooking spray, salt, and pepper. Put the chops on the other side of the pan, top with spinach mixture, then breadcrumbs. Cook in a hot oven for 10-15 minutes until the asparagus is done and the chop is 145°F. Sprinkle the other ¼ cup of Parmesan on asparagus 2-3 minutes before removing. Remove. Let rest for 5 minutes and serve.

