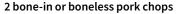


DEBORAH ADAMS'S

Pork Chops Rockefeller with Parmesan Asparagus

SERVES: 2



1/2 tsp garlic powder

1/2 tsp salt and pepper

2 tbsp vegetable oil

1 cup baby spinach, cleaned and chopped

3 tbsp chives and onion cream cheese

1/2 cup shredded Parmesan cheese, divided in half

2 tsp lemon juice

1/4 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.



