

# Spinach Stuffed Pork Chops

## Air Fryer

### Ingredients:

6 4 oz Pork Chops  
2 TBSP [Smoked Meat Dry Rub](#) (or seasoning of your choice)  
1-2 TBSP Olive Oil  
Salt to taste

### Filling:

1 ½ Cups Spinach, chopped  
8 oz Cream Cheese, softened  
½ Cup Parmesan Cheese  
5 cloves garlic  
1 tsp Onion Powder  
¼ tsp Salt  
½ tsp Pepper



### Instructions:

Make a slit on the side of each pork chop to form a pocket

Pat each pork chop dry and season with salt to taste and meat seasoning (about 1 TBSP per side)

To make the filling, combine all ingredients into a bowl and mix until well combined

Using a spoon, fill each pocket on each pork chop with cream cheese mixture.

You can use toothpicks to hold the pork chops closed while they are cooking.

Place into the air fryer at 375 for 12-14 minutes flipping them over at about half way (6-7 minutes per side)

Serving Size: 1 Pork Chop

Servings: 6

Net Carbs: 2

Fiber: 0

Total Carbs: 2

Protein: 39

Fat: 27

Calories: 420