

Fridge Chop ~ Whatever's in the fridge... Goes in the chop!



INGREDIENTS

4	1-inch thick	pork chops , boneless
2	oz	soft goat cheese
2	tablespoon	herbes de provence (or any mix: thyme, basil, oregano, rosemary, lavender...)
4-5	large	roasted red pepper or sun-dried tomato pieces (packed in oil, not dry)
4	stalks	green onions
		fresh ground pepper
		sea salt

DIRECTIONS

1. **Turn on** the grill.
2. **Slice and** sauté the green onions
3. **Mix** the goat cheese, green onion, herbs and peppers/tomatoes together.
4. **Slice** the pork chop in half – half way through – then tilt your knife and create a pocket in the remaining half.
5. **Stuff** about 2 tablespoons of the mixture into the pocket of each pork chop.
6. **Sprinkle** salt and **grind** pepper on both sides of each pork chop.
7. **Place** on the grill, no oil is necessary.
8. **Cook** for 3-1/2 to 4 minutes. Watch the sides so you can see how fast it is cooking. This will get it to medium rare. Cook longer for medium to well done
9. **Rotate** the chops so you get perfect diamond grill marks. Think from 10am to 2pm on a clock.
10. **Cook** for another 3-1/2 to 4 minutes or longer to suite your taste. That's it. You're done. Bon appetit!

NOTES

- * Serve with some quinoa or rice and quickly sautéed sliced veggies and you have a great, fast meal!.
- * Use this on chicken breasts, lamb chops, and steaks. It's delicious!

EQUIPMENT

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| 1 | George Foreman grill or other 2-sided grill |
| 1 | small bowl |
| 1 | fork |
| 4 | hungry people |