
Baked Pork Chops with Spinach

Servings: 4



There's no need to brown the pork chops first; just pop them in the oven. As the chops bake, their juices will seep into the spinach, flavoring the entire dish.

- 1 pound spinach, stems removed, leaves washed and cut crosswise into 1-inch pieces**
- 3 tablespoons olive oil**
- 1/2 teaspoon salt**
- fresh-ground black pepper**
- 4 pork chops, about 1 inch thick (about 2 pounds in all)**
- 1 1/2 tablespoons grated Parmesan cheese**
- 2 ounces grated fontina cheese (about 1/2 cup)**

Heat the oven to 450 degrees F. Oil a 7 1/2-by-11 1/2-inch baking dish. In a medium bowl, toss the spinach with 1 tablespoon of the oil, 1/4 teaspoon of the salt, and 1/4 teaspoon pepper. Put the spinach in the baking dish.

Rub the pork chops with 1 tablespoon of the oil, the remaining 1/4 teaspoon salt, and 1/8 teaspoon pepper. Put the pork chops on top of the spinach. Drizzle the remaining tablespoon oil over the spinach, around the pork chops. Sprinkle the Parmesan and fontina over the spinach, around the chops. Bake until the chops are just done, about 18 minutes. Let stand 5 minutes before serving.

Cuisine: American

Entree, Keeper, Main Dishes, Pork, Pork Chops

Per Serving (excluding unknown items): 355 Calories; 26g Fat (65.1% calories from fat); 27g Protein; 4g Carbohydrate; 3g Dietary Fiber; 75mg Cholesterol; 450mg Sodium. Exchanges: 3 1/2 Lean Meat; 1 Vegetable; 3 Fat.