

Baked Pork Chops with Swiss Chard

Source: From our daughter-in-law, Karen, 2007

**Carolyn T's
Internet
Cookbook**

Servings: 4



Notes: SO EASY! And delicious. You wouldn't know you only spent 10 or so minutes putting it together. I think Karen uses more cheese than indicated.

Description:

1. Heat the oven to 450°. Oil a 7 1/2-by-11 1/2-inch baking dish. In a medium bowl, toss the Swiss chard with 1 tablespoon of the oil, 1/4 teaspoon of the salt, and 1/4 teaspoon pepper. Put the chard in the baking dish.
2. 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 Swiss chard. Drizzle the remaining tablespoon oil over the chard, around the pork chops. Sprinkle the Parmesan and fontina over the chard, around the chops. Bake until the chops are just done, about 18 minutes. Let stand 5 minutes before serving.

**1 pound Swiss chard, stems removed,
leaves washed and cut crosswise into
1-inch pieces**
3 tablespoons olive oil
1/2 teaspoon salt
Fresh-ground black pepper
**2 pounds pork chops, 1-inch thick, about
6 ounces each**
**1 1/2 tablespoons Parmesan cheese,
grated (or more)**
**2 ounces Fontina cheese, grated, about 1/2
to 3/4 cup**

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

*Per Serving (excluding unknown items): 525 Calories;
38g Fat (64.8% calories from fat); 41g Protein; 5g
Carbohydrate; 2g Dietary Fiber; 129mg Cholesterol;
745mg Sodium. Exchanges: 5 1/2 Lean Meat; 1
Vegetable; 4 Fat.*

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