

A Kansas SNAP-Ed *EZ Does it* Recipe

Baked Pork Chops



Servings: 4

Ingredients:

- 4 lean, center-cut pork chops
- 1 egg white
- 1 cup evaporated skim milk
- ¾ cup cornflake crumbs
- ¼ cup fine dry bread crumbs
- 4 teaspoons paprika
- 2 teaspoons oregano
- ¾ teaspoon chili powder
- ½ teaspoon garlic powder
- ½ teaspoon pepper
- ⅛ teaspoon cayenne pepper
- ⅛ teaspoon dry mustard
- ½ teaspoon salt
- nonstick cooking spray



Remember to wash your hands with soap and warm water before and after cooking.

Directions:

1. Preheat oven to 375 °F.
2. Beat egg white with evaporated skim milk. Place chops in milk mixture and let stand for 5 minutes, turning once.
4. Meanwhile, mix cornflake crumbs, bread crumbs, spices, and salt.
5. Remove chops from milk mixture and coat thoroughly with crumb mixture.
6. Use nonstick cooking spray on 13- by 9-inch baking pan. Place chops in pan and bake uncovered at 375°F for 20 minutes.
8. Turn chops and bake for additional 15 minutes or until internal temperature reaches 145° on a meat thermometer.

Nutrition Facts: Each serving provides 216 Calories, 8g Total Fat, 3g Saturated Fat, 346mg Sodium, 10g Total Carbohydrate, 1g Dietary Fiber, 25g Protein

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