



Baked Pork Chops

Shine 365
Marshfield Clinic

BAKE TIME: 35 minutes • **SERVINGS:** 6

INGREDIENTS

- 6 lean center-cut pork chops, 1/2-inch thick
- 1 egg white (or substitute liquid egg white)
- 1 cup fat-free evaporated milk
- 3/4 cup cornflake crumbs
- 1/4 cup breadcrumbs
- 4 teaspoon paprika
- 2 teaspoon oregano
- 3/4 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground black pepper
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon dry mustard
- 1/2 teaspoon salt
- Cooking spray

INSTRUCTIONS

Preheat oven to 375°F. Trim fat from pork chops.

Beat together egg white and evaporated milk.

Place pork chops in milk mixture, and let stand for 5 minutes, turning once.

Meanwhile, mix cornflake crumbs, breadcrumbs, spices, and salt.

Spray cooking spray on 13x9-inch baking pan.

Remove pork chops from milk mixture, and coat thoroughly with crumb mixture.

Place pork chops in pan, and bake at 375°F for 20 minutes.

Turn chops and bake for an additional 15 minutes or until pork is fully cooked (to a minimum internal temperature of 160°F).

Serve immediately.

NUTRITION INFORMATION

Each serving contains 216 calories; 8 g fat (3 g saturated); 62 mg cholesterol; 10 g carbohydrates; 25 g protein; 1 g fiber; 346 mg sodium

Source: National Heart, Lung, and Blood Institute