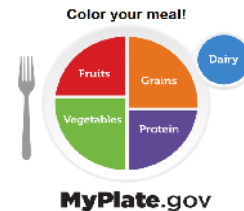




# BAKED PORK CHOPS

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## Ingredients:

- |                                      |   |                                       |
|--------------------------------------|---|---------------------------------------|
| <b>6 Pork Chops, lean center-cut</b> | <b>1 Egg White</b>                          | <b>1 Cup Fat-free Evaporated Milk</b> |
| <b>3/4 Cup Crushed Cornflakes</b>    | <b>1/4 cup fine Whole Wheat Breadcrumbs</b> |                                       |
| <b>4 tsp Paprika</b>                 | <b>2 tsp Oregano</b>                        | <b>1 tsp Chili Powder</b>             |
| <b>2 tsp Garlic Powder</b>           | <b>2 tsp Black Pepper</b>                   | <b>1/4 tsp Cayenne Pepper</b>         |
| <b>1/4 tsp Dry Mustard</b>           | <b>2 tsp Salt</b>                           | <b>Spray Oil As Needed</b>            |

## Directions:

1. Preheat oven to 375F.
2. Beat egg white with evaporated milk in a bowl, add the pork chops and let stand five minutes.
3. While pork chops rest, mix crushed cornflakes, breadcrumbs, and spices, in a small bowl.
4. Spray oil onto baking sheet.
5. Coat pork chops thoroughly with crumb and spice mixture and place on the sheet with space between them.
6. Bake for 15 minutes, then flip and bake another 15 minutes or until internal temperature reaches a minimum of 145F.

Find more recipes and resources online at: [www.gcfb.org/recipes\\_resources](http://www.gcfb.org/recipes_resources)

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