

Baked Pork Chops

Makes 4 servings | Protein • Grains

Ingredients

- 4 pork loin chops (fat trimmed and thawed, if frozen)
- ½ cup all-purpose flour
- ½ teaspoon salt
- Dash of black pepper
- 2 Tablespoons low-fat milk
- 1 egg
- ½ cup cornflakes (bran flakes, or dried bread crumbs)
- 1 Tablespoon canola oil
- Nonstick spray

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 375°F.
3. Spray a baking sheet (any size) with nonstick spray.
4. In a small bowl, combine flour with salt and pepper.
5. In another small bowl, beat together eggs and milk.
6. In a third bowl, crush cornflakes or bread crumbs.
7. Dip pork chops in flour mixture, then egg mixture, and then in cornflakes or bread crumbs. Then place on baking sheet.
8. Bake at 375°F for 35-45 minutes or until internal temperature reaches 145°F. Let rest 3 minutes before serving.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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