

baked pork chops

Ingredients

6 lean center-cut pork chops,
1/2-inch thick

1 egg white

1 cup fat-free evaporated milk

3/4 cup cornflake crumbs

1/4 cup fine, dry breadcrumbs

4 teaspoons paprika

2 teaspoons oregano

3/4 teaspoon chili powder

2 teaspoons garlic powder

2 teaspoons black pepper

1/8 teaspoon cayenne pepper

1/8 teaspoon dry mustard

2 teaspoons salt

nonstick cooking spray,
as needed



1. Preheat oven to 375°F.
2. Trim fat from pork chops.
3. Beat egg white with fat-free evaporated milk. Place pork chops in milk mixture and let stand for 5 minutes, turning once.
4. Meanwhile, mix cornflake crumbs, bread crumbs, spices, and salt in small bowl.
5. Use nonstick cooking spray on 13 x 9-inch baking pan.
6. Remove pork chops from milk mixture and coat thoroughly with crumb mixture.
7. Place pork chops in pan and bake for 20 minutes. Turn pork chops and bake for an additional 15 minutes or until the meat reaches an internal temperature of 145°F. Let the meat rest 3 minutes before serving.

Note: Try the recipe with skinless, boneless chicken or turkey parts or fish-bake for just 20 minutes.

Yield 6 servings, **Serving Size** 1 pork chop, **Calories** 216, **Total Fat** 10g, **Saturated Fat** 8g, **Cholesterol** 62mg, **Sodium** 346mg, **Total Fiber** 1g, **Protein** 25g, **Carbohydrates** 10g, **Potassium** 414 mg



National Heart, Lung,
and Blood Institute