

Baked Pork Chops

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A corn crumb crust speckled with herbs and spices create flavor-packed pork chops with a heavenly baked texture.

Ingredients:

6 lean center-cut pork chops, 1/2-inch thick
1 egg white
1 cup evaporated skim milk
3/4 cup cornflake crumbs
1/4 cup fine dry bread crumbs
4 teaspoons paprika
2 teaspoons oregano
3/4 teaspoon chili powder
1/2 teaspoon garlic powder
1/2 teaspoon black pepper
1/2 teaspoon salt
Pinch dry mustard
Pinch cayenne pepper
Non-stick spray coating

Directions:

1. Preheat oven to 375°F. Spray a 9-by-13-inch baking pan with non-stick spray coating.
2. Trim off the fat from the pork chops.
3. Whisk the egg white and evaporated skim milk in a large bowl. Place pork chops in the egg/milk mixture and allow to soak for five minutes, turning chops halfway.
4. In a separate large bowl, mix together the cornflake crumbs, bread crumbs, spices and salt.
5. Remove the pork chops from the egg/milk mixture and coat thoroughly with the crumb mixture.
6. Place chops in prepared pan and bake for 20 minutes. Turn the chops and bake for another 20 minutes, or until no pink remains.