

Busy-Day Pork Chops



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It was time to use or lose some pork chops I had in the fridge, so I dressed them in bread crumbs and Parmesan and baked them up. Necessity sure is the mother of invention, and in this case I invented an amazing healthy pork chop recipe. —Dee Maltby, Wayne, Ohio

TOTAL TIME: Prep/Total Time: 25 min.

YIELD: 4 servings.

Ingredients

1/4 cup fat-free milk

1/4 cup seasoned bread crumbs

1/4 cup grated Parmesan cheese

1/4 teaspoon salt

1/4 teaspoon garlic powder

1/8 teaspoon pepper

4 boneless pork loin chops (4 ounces each)

Cooking spray

Directions

1. Preheat oven to 375°. Place milk in a shallow bowl. In another shallow bowl, toss crumbs with cheese and seasonings.
2. Dip pork chops in milk, then coat with crumb mixture. Place on a baking sheet coated with cooking spray; lightly spritz chops with cooking spray.
3. Bake 8-10 minutes on each side or until a thermometer reads 145°. Let stand 5 minutes before serving.

Nutrition Facts

1 pork chop: 178 calories, 7g fat (3g saturated fat), 57mg cholesterol, 207mg sodium, 3g carbohydrate (0 sugars, 0 fiber), 23g protein. **Diabetic Exchanges:**3 lean meat.

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