

Baked Pork Chops

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Ingredients

6 lean center-cut pork chops, 1/2" thick
1 egg white
1 cup evaporated skim milk
3/4 cup corn flake 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
1/8 teaspoon cayenne pepper
1/8 teaspoon dry mustard
1/2 teaspoon salt
as needed nonstick spray coating

Directions

Trim all fat from chops.

Beat egg white with evaporated skim milk. Place chops in milk mixture and let stand for 5 minutes, turning chops once.

Meanwhile, mix together corn flake crumbs, bread crumbs, spices, and salt.

Spray a 9x13-inch baking pan with nonstick spray coating.

Remove chops from milk mixture. Coat thoroughly with crumb mixture.

Place chops in pan and bake in 375° F oven for 20 minutes. Turn chops and bake 15 minutes longer or till no pink remains.