

# Oven-baked Pork Chops

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## **Ingredients**

4 pork chops – trimmed of fat  
1 cup low-fat buttermilk  
1 cup fine dry breadcrumbs  
2 tsp. dried basil  
2 tsp. paprika  
1 tsp. lemon pepper  
1/2 tsp. garlic salt

## **Directions**

Allow pork chops to soak in buttermilk, refrigerated, for at least 1 hour.

Combine bread crumbs and remaining spices; spread mixture onto wax paper.

Coat each pork chop in dry mixture.

Place pork chops on greased cookie sheet and bake in a 425 degree oven for 20-25 minutes, or until chops are no longer pink inside.