



## Oven-Fried Pork Chops

Intermediate Lifestyle

### INGREDIENTS

Cooking spray  
¼ cup all-purpose flour  
1 large egg, lightly beaten  
1 TSP Dijon mustard  
¾ cup whole-wheat panko breadcrumbs  
1 TSP ground pepper  
½ TSP kosher salt  
4 (4 ounce) ¾-inch-thick boneless pork chops

### INSTRUCTIONS

—Preheat oven to 400 degrees F. Place a wire rack on a large baking sheet and coat with cooking spray. Place flour in a shallow dish. Combine beaten egg and mustard in another small dish. Combine panko and pepper in a third shallow dish.

—Sprinkle salt over both sides of the pork. Dredge each pork chop in flour, shaking off the excess. Coat in egg mixture, then panko, pressing to adhere. Place on the prepared rack. Coat the pork chops with cooking spray. Bake until the chops are beginning to brown and are cooked throughout (an instant-read thermometer inserted in the center should register 145 degrees F), 18 to 20 minutes.

### SERVING INFO: (Serves 4)

1 pork chop = 1 P

See photo at [Instagram](#) and [Facebook](#).