

“BREADED” PORK CHOPS

There is no need to say goodbye to delicious savory coatings on your favorite meat dishes. These “breaded” pork chops will delight your taste buds.

Servings: 2-3

Ingredients:

2-3 Center-cut boneless pork chops about ¾-1 inch thick
Salt
¼ cup Wheat-Free Market All-Purpose Baking Mix
¼ cup finely chopped pecans
¼ teaspoon salt
¼ teaspoon onion powder
¼ teaspoon garlic powder
Heaping ¼ teaspoon ground cumin
1/8 teaspoon cayenne pepper
1 large egg, lightly beaten



Directions:

Preheat oven to 400 degrees F. Place oven-safe cooling rack inside of cookie sheet and set aside. This will raise the pork chops off the pan and allow browning underneath them.

Generously season both sides of pork chops with salt. In a medium bowl blend baking mix, pecans, the ¼ teaspoon salt, onion powder, garlic powder, cumin and cayenne.

Dip pork chops in the beaten egg being sure to remove any excess and then coat in the breadcrumb mixture. Place finished pork chops on prepared pan and bake for 15 minutes or until internal temperature reads 145-150 degrees F. If additional brownness is desired, turn broiler on for 2-3 minutes.

My Notes