

## Baked Pork Chops

**Serves: 6**

### Ingredients

6 lean center-cut pork chops, ½-inch thick  
1 egg white  
1 cup evaporated skim milk  
1 cup cornflakes crumbs  
¼ cup fine dry bread crumbs  
3 Tbsp. all-purpose seasoning mix  
(recipe to the right)  
Nonstick oil spray

### All-Purpose Seasoning Mix

½ tsp. salt  
1 tsp. ground black pepper  
2 cloves garlic, minced or 1 Tbsp. garlic powder  
2 Tbsp. dried oregano  
1 tsp. paprika  
1 tsp. cayenne pepper

*Mix together all ingredients. Store in airtight container.*

Trim all fat from the pork chops. Place chops in a shallow pan and lightly spray them with the nonstick spray. Rub the all-purpose seasoning mix on all sides of the chops. Cover with plastic wrap and refrigerate for at least 4 hours.

Beat egg white with evaporated skim milk. Place chops in milk mixture and let stand for 5 minutes, turning chops once. Meanwhile, mix together cornflakes and breadcrumbs. Remove chops from milk mixture and coat them thoroughly with crumb mixture.

Spray a 13x9-inch baking pan with nonstick spray coating. Place chops in the pan and bake in oven at 375 degrees for 20-30 minutes. Turn chops and bake about 25 minutes longer or until chops are tender and no pink remains.