

Chili-Spice Pork Chops

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Servings: 6

Start to Finish Time: 30 minutes

3/4 cup seasoned bread crumbs

3 tablespoons chili powder

1/2 teaspoon seasoned salt

1 egg

1/4 cup fat-free milk

6 (7 oz each, 3/4-in thick) bone-in pork rib chops

Preheat the oven to 350 degrees.

In a shallow bowl, combine the bread crumbs, chili powder and seasoned salt.

In another shallow bowl, combine the egg and milk.

Dip the chops in the egg mixture then coat with crumbs.

Transfer to a 15x10x1-inch baking pan coated with cooking spray.

Bake for 20 to 25 minutes or until a meat thermometer reads 160 degrees.

Per Serving (excluding unknown items): 79 Calories; 2g Fat (20.3% calories from fat); 4g Protein; 13g Carbohydrate; 2g Dietary Fiber; 36mg Cholesterol; 561mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.