

# Baked Pork Chops

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*No frying required for these luscious breaded chops! A crunchy crust and savory spice blend, and these chops are perfectly delicious.*

## Ingredients:

6 center-cut pork chops, ½-inch thick, trimmed  
1 cup evaporated skim milk  
1 egg  
¾ cup crumbled cornflakes  
¼ cup fine dry bread crumbs  
4 teaspoons paprika  
2 teaspoons dried oregano  
¾ teaspoon chili powder  
½ teaspoon garlic powder  
½ teaspoon salt  
½ teaspoon black pepper  
¼ teaspoon dry mustard  
¼ teaspoon cayenne  
Non-stick cooking spray, for pan

## Directions:

- 1) Preheat oven to 375°F. Lightly coat a 9-by-13-inch baking pan with non-stick spray.
- 2) Beat milk and egg white together in a medium bowl. Place pork chops in milk mixture; allow to stand 5 minutes, turning chops halfway.
- 3) Combine remaining ingredients together in a medium bowl.
- 4) Remove pork chops from milk mixture; add to cornflake mixture and toss to coat.
- 5) Place chops in prepared pan; bake 20 minutes. Turn chops; bake an additional 20 minutes, until no longer pink.