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Baked Pork Chops

- 6 Lean center-cut pork chops, ½-inch thick
- 1 Egg white (or substitute liquid egg white)
- 1 Cup fat-free evaporated milk
- ¾ Cup cornflake crumbs
- ¼ Cup breadcrumbs
- 4 Tsp paprika
- 2 Tsp oregano
- ¾ Tsp chili powder
- ½ Tsp garlic powder
- ½ Tsp ground black pepper
- ⅛ Tsp cayenne pepper
- ⅛ Tsp dry mustard
- ½ Tsp salt
- Cooking spray

- 1) Preheat oven to 375 °F.
- 2) Trim fat from pork chops.
- 3) Beat together egg white and evaporated milk. Place pork chops in milk mixture, and let stand for 5 minutes, turning once.
- 4) Meanwhile, mix cornflake crumbs, breadcrumbs, spices, and salt.
- 5) Spray cooking spray on 13- by 9-inch baking pan.
- 6) Remove pork chops from milk mixture, and coat thoroughly with crumb mixture.
- 7) Place pork chops in pan, and bake at 375 °F for 20 minutes. Turn chops and bake for an additional 15 minutes until pork is fully cooked (to a minimum internal temperature of 160 °F).
- 8) Serve immediately.

Makes 6 Servings