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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