

Pan Fried Pork Chops

(serves 4)

INGREDIENTS:

- 1 egg
- 2 tablespoons skim milk
- ½ cup flour
- 2 teaspoons ground black pepper
- ½ cup Italian style breadcrumbs
- 4 tablespoons canola oil
- 4 boneless pork chops, butterflied and pounded thin
- 8 tablespoons Parmesan cheese, grated

DIRECTIONS:

- Combine the egg and milk in a bowl.
- Whisk together.
- Pour the flour out onto a shallow dish.
- Add the pepper, and stir until fully incorporated.
- Pour the breadcrumbs out onto another shallow dish.
- Heat the oil in a large skillet over medium-high heat.
- Press each pork chop into the flour, coating both sides.
- Gently shake off any excess flour.
- Dip the pork into the egg mixture.
- Press both sides of the pork into the flour.
- Fry the pork chops in batches, until golden brown, about 5 minutes per side.
- Top each chop with some of the grated Parmesan cheese.