

Preparation: 10 mins

Cooking: 10 mins

Ready in: 20 mins

Serves: 4

Nicolas's Italian-Style Pork Chops

Ingredients

- 4 boneless pork loin chops
- 1/2 tsp (2 mL) each salt and black pepper
- 1 large egg
- 1/4 cup (60 mL) dry seasoned bread crumbs
- 1/4 cup (60 mL) grated Parmesan cheese
- 2 Tbsp (30 mL) canola oil
- 4 lemon wedges

Directions

1. Sprinkle pork chops with salt and pepper.
2. In a shallow bowl, beat egg lightly, set aside.
3. In another shallow bowl, stir together bread crumbs, cheese and oil.
4. Preheat oven to 425°F (220°C).
5. Dip pork chops in egg to coat, letting excess drip off. Coat both sides well in bread crumb mixture and place on parchment paper-lined baking sheet. Repeat with all pork chops.
6. Roast in oven for 10 minutes or until golden and hint of pink remains inside. serve with lemon wedges to squeeze over top.

Shopping List

Pantry Staples

- salt
- black pepper
- bread crumbs
- canola oil

Meat

- 4 boneless pork loin chops

Refrigerator & Freezer

- 1 egg
- grated Parmesan Cheese

Produce

- lemon

Notes:



Remember to check your pantry and refrigerator before you go shopping!