



---

## Uploaded to the VFC Website

▶▶ June 2014 ◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

---

*Veterans-For-Change is a A 501(c)(3) Non-Profit Organization  
Tax ID #27-3820181  
CA Incorporation ID #3340400  
CA Dept. of Charities ID #: CT-0190794*

### ***If Veterans don't help Veterans, who will?***

We appreciate all donations to continue to provide information and services to Veterans and their families.

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=WGT2M5UTB9A78](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78)

---

### **Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



## **Baked Pork Chops**

6 Pork, boneless center loin chop, 1/2-inch thick  
1 Egg whites  
1 Cup milk, fat-free evaporated  
3/4 Cup cornflake crumbs  
1/4 Cup bread crumbs, fine, dry  
4 Tsp paprika  
2 Tsp oregano  
3/4 Tsp chili powder  
1/2 Tsp garlic powder  
1/2 Tsp pepper, black  
1/8 Tsp pepper, cayenne  
1/8 Tsp mustard, dry  
1/2 Tsp salt

- 1) Preheat oven to 375 degrees F.
- 2) Trim fat from pork chops.
- 3) Beat egg whites with evaporated skim milk. Place chops in milk mixture and let stand for five minutes, turning once.
- 4) Meanwhile, mix cornflake crumbs, bread crumbs, spices, and salt.
- 5) Use nonstick cooking spray on 13- by 9-inch baking pan.
- 6) Remove chops from milk mixture and coat thoroughly with crumb mixture.
- 7) Place chops in pan and bake at 375 degrees F for 20 minutes. Turn chops and bake for another 15 minutes or until no pink remains.

Makes 6 Servings