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## *Parmesan and Sage-Crusted Pork Chops*

- 1 (1 1/4-ounce) slice white bread, torn into pieces
- 1/4 Cup (1 ounce) grated Parmigiano-Reggiano cheese
- 1 Tbsp chopped fresh sage
- 1/4 Tsp salt
- 1/4 Tsp freshly ground black pepper
- 1/4 Cup all-purpose flour
- 1 Tbsp prepared mustard
- 2 Large egg whites
- 4 (4-ounce) boneless thin-cut pork loin chops, trimmed
- 1 1/2 Tablespoons canola oil

- 1) Place bread in a food processor; pulse bread 10 times or until coarse crumbs measure about 1 cup. Combine breadcrumbs, cheese, sage, salt, and pepper in a shallow dish. Place flour in another shallow dish. Combine mustard and egg whites in another shallow dish, stirring with a whisk.
- 2) Working with one pork chop at a time, dredge pork in flour, shaking off excess. Dip pork into egg white mixture, allowing excess to drip off. Coat pork completely with breadcrumb mixture. Set aside. Repeat procedure with remaining pork, flour, egg white mixture, and breadcrumb mixture.
- 3) Heat a large nonstick skillet over medium heat. Add oil to pan, swirling to coat. Add pork; cook 3 minutes on each side or until browned and done.

Makes 4 Servings

