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Wasabi and Panko-Crusted Pork with Gingered Soy Sauce

- 2/3 Cup panko (Japanese breadcrumbs)
- 1 Large egg white, lightly beaten
- 4 (4-ounce) boneless center-cut loin pork chops (about 1/2 inch thick)
- 1 Tsp peanut oil
- 1 Tsp cooking spray
- 1/8 Tsp salt
- 1 Tbsp bottled ground fresh ginger
- 1/3 Cup fat-free, less-sodium chicken broth
- 2 Tbsp sake or dry sherry
- 2 Tbsp low-sodium soy sauce
- 2 Tsp sugar
- 1 Tsp wasabi paste
- 1/3 Cup thinly sliced green onions

- 1) Place panko in a shallow dish. Place egg white in another shallow dish. Dip pork in egg white; dredge in panko.
- 2) Heat peanut oil in a large nonstick skillet coated with cooking spray over medium-high heat; add pork. Cook for 4 minutes on each side or until done. Remove pork from pan; sprinkle with salt.
- 3) Reduce heat to medium. Add ginger to pan; cook 30 seconds, stirring constantly. Combine broth and the next 4 ingredients (through wasabi) in a small bowl, stirring well with a whisk. Add broth mixture to pan, scraping pan to loosen browned bits. Stir in green onions. Spoon sauce over pork.

Makes 4 Servings

