

# Pork Milanese

Serves 4

## **Ingredients:**

4 4 oz. pork chops, trimmed of fat  
3/4 cup bread crumbs  
2 Tbsp. grated Parmesan  
1/4 tsp garlic powder  
2 egg whites  
1 egg  
3 Tbsp. extra-virgin olive oil  
4 cup baby arugula  
1 cup cherry tomatoes, sliced in half  
2 Tbsp lemon juice

## **Directions:**

Preheat oven to 350°F

Place each pork chop between two pieces of plastic wrap. Using a meat mallet, pound to about 1/4-inch thickness. Season each side with salt and pepper to taste.

In a shallow dish, mix bread crumbs, cheese, and garlic powder. In another bowl, lightly beat together egg whites and egg. Dip each chop in egg, allowing excess to drip back into bowl, then dredge in bread crumb mixture. Place on a baking sheet.

In a large skillet, heat 1/2 tablespoon olive oil over medium heat. Place chops in pan and brown for 2 to 3 minutes per side. Transfer back to baking sheet and bake for 7 minutes.

Plate chops and serve with arugula salad.

## **Nutritional Information:**

*One Serving*

Calories: 385

Carbohydrates: 18g

Fat: 19g

Sodium: 314mg

Dietary Fiber: 2g

Protein: 33g

*Source: [www.womenshealthmag.com](http://www.womenshealthmag.com)*