

Baked Pork Chops

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Totland College Nursery School - Braintree, MA (1978)

6 to 8 pork chops
4 cups cornflakes
1/4 teaspoon pepper
1 teaspoon salt
1/2 cup evaporated milk

Preheat the oven to 375 degrees.

In a bowl, crush the cornflakes. Add the salt and pepper. Mix.

Place the milk in a bowl. Dip the chops in milk, then roll in the cornflake crumbs. Place the chops in a baking pan lined with foil. Do not crowd the chops.

Bake for 40 minutes.

Per Serving (excluding unknown items): 1561 Calories; 98g Fat (57.9% calories from fat); 147g Protein; 13g Carbohydrate; trace Dietary Fiber; 479mg Cholesterol; 2616mg Sodium. Exchanges: 0 Grain(Starch); 20 1/2 Lean Meat; 1 Non-Fat Milk; 7 1/2 Fat.