

Delicious Pork Chops

Helen Palecki

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

1 egg
1 tablespoon water
3 tablespoons soy sauce
dash ginger
dash garlic powder
bread crumbs (for coating)

In a bowl, mix the egg, water, soy sauce, ginger and garlic powder.

Dip the chops in the egg and spice mixture and then roll in bread crumbs.

Place the pork chops in a baking pan.

Bake in a 375 degree oven for about 45 minutes.

Per Serving (excluding unknown items): 103 Calories; 5g Fat (44.5% calories from fat); 9g Protein; 5g Carbohydrate; trace Dietary Fiber; 212mg Cholesterol; 3157mg Sodium. Exchanges: 1 Lean Meat; 1 Vegetable; 1/2 Fat.