

# PARMESAN BAKED PORK CHOPS

**Yield:** about 6 servings

## INGREDIENTS:

- 1.5 - 1.75 lbs. pork chops
- low salt garlic seasoning blend  
(I use [this one from Flavor God](#) and love it)
- 1 cup grated parmesan cheese
- 2 cups Panko breadcrumbs (regular or whole wheat)
- 2 tablespoons grapeseed or olive oil



## DIRECTIONS:

1. Preheat oven to 375 degrees. Add 2 tablespoons to a medium sized baking sheet and evenly distribute so all pan surface has oil.
2. Season both sides of pork chops generously with garlic seasoning blend.
3. Place parmesan cheese in one large dish and panko in another large dish. Place pork chop into Parmesan cheese first and press down firmly on both sides. Do the same in the panko dish, pressing down firmly to coat as much as possible.
4. Place breaded pork chops onto baking sheet, flipping so that first side touches oil and gets lightly coated by it (this helps with browning). Bake for 20 minutes at 375 degrees. After 20 minutes, carefully flip each pork chop and bake for 7 minutes longer.