Saltine Pork Chops

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Serves 4, 8 FSP per serving

- 4 4 oz. lean boneless pork chops
- 1/4 cup 1% milk
- 40 saltine crackers (crushed coarsely)
- olive oil spray
- 1. In a shallow bowl, beat egg and milk together.
- 2. Place cracker crumbs in another shallow bowl
- 3. Dip each pork chop in egg mixture, then coat with saltine crumbs, pressing crumbs down onto the porkchop to make a thick coating.
- 4. Spray with olive oil spray.
- 5. Cook in a 400 degree air fryer for 4 minutes. Flip, coat other side with olive oil spray and cook for 4 more minutes or until done.