

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.