

***MARQUETTE GENERAL HOSPITAL***

***HEART HEALTHY RECIPE***

***Try this recipe for a heart healthy dinner entree:***

**SPICY BAKED PORK CHOPS**

Vegetable Oil Spray

1 pound boneless pork loin chops,  
all visible fat removed

Egg substitute equivalent to 1 egg

2 tablespoons fat-free milk

1/3 cup cornflake crumbs

2 tablespoons cornmeal

½ teaspoon dried marjoram, crumbled

1/8 teaspoon ground pepper

1/8 teaspoon dry mustard

1/8 teaspoon ground ginger

1/8 teaspoon cayenne

Preheat oven to 375° F. Using vegetable oil spray, spray a shallow baking pan large enough to hold pork chops in a single layer. Set aside. Cut pork chops into 4 portions, if necessary. Set aside. In a small, shallow bowl, combine egg substitute and milk. In a shallow dish, combine crumbs, cornmeal, marjoram, pepper, mustard, ginger and cayenne. Using tongs, dip pork chops in milk mixture and coat both sides of pork chops with crumb mixture. Arrange pork chops in prepared pan. Bake uncovered for 15 minutes. Turn chops with spatula and bake for 10 minutes or until chops are tender and slightly pink in the center.

Calories –234; Cholesterol – 70 mg; Fat – 9 g;  
Sodium – 142 mg; Protein – 27 g;  
Saturated Fat – 3 g; Carbohydrate - 11 g