



# Country-Style Pork Chops

**YIELD: 4 SERVINGS (1 PORK CHOP AND  
¼ CUP SAUCE PER SERVING).**

## INGREDIENTS

- ¼ cup fat free egg substitute
- 1 teaspoon water
- ¼ cup plus 2 tablespoons all-purpose flour, divided
- 2 tablespoons fine, dry breadcrumbs
- ½ teaspoon paprika
- ¼ teaspoon ground sage
- ½ teaspoon salt, divided
- ½ teaspoon pepper, divided
- 4 (6 ounce) lean center cut pork loin chops (½ inch thick), trimmed
- 2 teaspoons vegetable oil
- ¼ teaspoon garlic powder
- Cooking Spray
- ¾ cup fat free milk, divided
- ½ cup one-third less salt chicken broth

## DIRECTIONS

1. Combine egg substitute and water in a shallow dish. Combine 2 tablespoons flour, breadcrumbs, paprika, sage, ¼ teaspoon salt ¼ teaspoon pepper and garlic powder in a large heavy-duty zip top plastic bag. Dip chops, two at a time, into egg substitute mixture; place in plastic bag with flour mixture. Seal bag and shake until chops are coated; repeat with remaining chops.
2. Heat oil in a large nonstick skillet coated with cooking spray; add chops. Cook 2 minutes on each side or until browned. Add broth; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until meat is tender. Transfer chops to a serving platter, reserving liquid in skillet, and keep warm.
3. Combine remaining ¼ cup flour and ¼ cup milk, stirring until smooth; stir flour mixture into liquid in skillet with a whisk. Gradually stir in remaining ½ cup milk, remaining ¼ teaspoon salt, and remaining teaspoon pepper; bring just to a simmer. Cook until thickened, stirring constantly; spoon sauce over chops.

# Cheesy Scalloped Onions

**YIELD: 6 SERVINGS**

## INGREDIENTS

- 4 large Vidalia or other sweet onions, thinly sliced
- 2 tablespoons reduced-calorie stick margarine
- 2 tablespoons all-purpose flour
- 1 ½ cup skim milk
- ½ cup (2 ounces) shredded 50% less-fat sharp Cheddar cheese
- 1 tablespoon plus 1 teaspoon chopped fresh parsley
- ½ teaspoon dry mustard
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- Vegetable cooking spray
- 1 ½ tablespoons soft breadcrumbs, toasted
- Chopped fresh parsley (optional)

## DIRECTIONS

1. Separate onion into rings. Cook onion in boiling water to cover 5 minutes or until tender. Drain well.
2. Melt margarine in a medium saucepan over medium heat; add flour. Cook 1 minute, stirring constantly with wire whisk. Gradually add milk, stirring constantly. Cook, stirring constantly, for an additional 10 minutes or until thickened and bubbly.
3. Add onion, cheese and next 4 ingredients; stir well.
4. Spoon mixture into shallow 1 1/2 -quart casserole coated with cooking spray; sprinkle with breadcrumbs. Bake, uncovered, at 375 degrees for 20 minutes or until bubbly. Sprinkle with parsley, if desired.
5. Microwave Directions: Separate onion into rings. Arrange onion in a shallow 1 1/2 -quart casserole; add 3 tablespoons water. Cover with heavy-duty plastic wrap, and vent. Microwave at HIGH 6 to 8 minutes or until onion is tender; drain. Place margarine in a medium-size microwave-safe bowl. Microwave, uncovered, at HIGH 30 seconds or until margarine melts. Add flour; stir until smooth. Gradually add milk, stirring well. Microwave uncovered, at HIGH 3 to 4 minutes or until mixture is thickened, stirring after every minute. Stir in onion, cheese, and next 4 ingredients. Spoon onion mixture into a shallow 1 1/2 -quart casserole coated with cooking spray; sprinkle with breadcrumbs. Microwave at HIGH 4 to 5 minutes or until bubbly, rotating a half-turn after 2 minutes. Sprinkle with parsley, if desired.



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