

# Pork Schnitzel

We made this great schnitzel recipe from Natasha's Kitchen on Christmas Eve.

## **Pork Schnitzel Recipe**

German pork schnitzel is an easy recipe and it's perfect for busy weeknights. The pork chops are pounded into thin, tender cutlets which are breaded and sautéed, resulting in a crispy crust and juicy center.

### Ingredients

2 lbs. boneless pork chops

$\frac{1}{3}$  cup all-purpose flour

1 tablespoon garlic salt (or sub with equal parts salt and garlic powder)

$\frac{1}{2}$  teaspoon paprika

$\frac{1}{2}$  teaspoon black pepper, freshly ground

3 large eggs

2 cups panko bread crumbs

Olive oil, canola oil or any high heat cooking oil to saute

Lemon wedges to serve (don't skip the lemons!)

### Method

1. Trim pork chops of fat and slice into 1/2"-thick cutlets (I used 3 large Costco-sized pork chops and after slicing ended up with 9 pieces). Line a cutting board with plastic wrap, place cutlets in a single layer on cutting board and cover with plastic wrap (this prevents splatter). Pound cutlets with a meat mallet or the back of a heavy saucepan, until 1/4" to 1/8" thick.

2. Set up three bowls. In the first combine 1/3 cup flour, 1 Tbsp garlic salt, 1/2 tsp paprika and 1/2 tsp pepper. In the second, use a fork to beat 3 eggs. In the third bowl, add 2 cups panko crumbs.

3. Dredge both sides of each pounded cutlet in flour then dip

in beaten egg letting excess egg drip back into the bowl before breading in panko crumbs. It helps to use a fork for the dipping process to keep your hands clean. Repeat with remaining cutlets.

4. Once all cutlets are breaded, heat a large non-stick pan over medium heat and add enough oil to cover the bottom of the pan. Once oil is hot, add breaded cutlets a few at a time and sauté 3-4 minutes per side or until cooked through. Reduce heat if cutlets are browning too quickly. Remove to a paper towel lined plate. Cut into one to double check doneness – juices should run clear. Serve right away with lemon wedges, or ranch for the children ;).

#### Notes

Melissa's Note – We used Costco thin cut pork chops and pounded them.

Source: Natasha's Kitchen (6 servings)

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## [Mustard Balsamic Pork Chops with Rosemary](#)



## **Mustard Balsamic Pork Chops with Rosemary**

Mustard Balsamic Pork Chops with Rosemary – 5 minute prep time! These pork chops couldn't get any easier, they're so delicious and tender, they simply melt in your mouth!

### **Ingredients**

6 pork chops

$\frac{1}{4}$  cup olive oil

2 tablespoons grainy mustard I used Dijon Wholegrain Mustard

$\frac{1}{4}$  cup balsamic vinegar

1 tablespoon dry or fresh rosemary coarsely chopped

salt and pepper to taste

### **Method**

1. Add all the ingredients (minus pork chops) to a bowl and whisk until the mixture begins to emulsify.

2. Add the pork chops to the same casserole dish you'll use to

bake them and pour the marinade over the pork chops. Make sure you rub all it all over them. Cover with plastic wrap and refrigerate for at least 1 hour to overnight. You could prepare these the night before and bake them when you come home from work.

3. Preheat oven to 425 F degrees.

4. Remove plastic wrap from casserole dish and bake them for about 45 minutes or until done.

#### Notes

All ovens are different, so you should start checking on your pork chops after 20 or 30 minutes to make sure they don't get over done. Please keep in mind that nutritional information is a rough estimate and can vary greatly based on products used

#### Prep

- Prep: 5 Minutes
- Cook: 45 Minutes
- Total Time: 50 Minutes

Source: Jo Cooks (6 servings)

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## [Pork Chops with Spicy Orange Glaze](#)



## **Pork Chops with**

### **Spicy Orange Glaze**

A simple glaze transforms this dish into an elegant dinner that's still easy enough for any night of the week.

#### **Ingredients**

4 bone-in pork rib chops or center-cut chops, 1/2 to 3/4 inch thick

1 teaspoon olive oil plus 1 additional tablespoon

Salt and pepper

1 teaspoon ground cumin

1/2 teaspoon sugar

2 cloves garlic, minced

1/8 teaspoon red pepper flakes

3/4 cup orange juice

#### **Method**

1. Starting the pork chops in a cold skillet allows them to heat up slowly and hold on to their interior moisture—a method that works best with thin chops. If using an electric stove, turn the burner to medium just before seasoning the chops in step 1.

2. Rub each chop with 1/4 teaspoon oil and sprinkle with salt, pepper, and cumin. Sprinkle one side of each chop with 1/8 teaspoon sugar.

3. Place chops, sugared side down, in large nonstick skillet and press meat into pan. Cook, without moving, over medium heat until lightly browned, 6 to 9 minutes. Turn chops, reduce heat to low, cover, and cook until center of chops registers 145 to 150 degrees on instant-read thermometer, 3 to 6 minutes. Transfer chops to platter, tent with foil, and let rest while making sauce.

4. Add remaining tablespoon oil, garlic, and pepper flakes to empty pan and cook over medium heat until fragrant, about 30 seconds. Add juice and simmer until slightly thickened, about 5 minutes. Tip accumulated juices from platter with chops into skillet, cook 1 minute, season with salt and pepper, and pour sauce over chops. Serve.

## Notes

### WHY THIS RECIPE WORKS

In our recipe for Pork Chops with Spicy Orange Glaze, we wanted a foolproof method to cook the chops without drying them out. We chose bone-in, center-cut pork chops because the bone helps keep the chops moist. We coated the chops in a salt, pepper, cumin, and sugar rub because the sugar caramelizes, compensating for the lack of a deep sear on the chops. Starting the chops in a cold pan and cooking them over medium heat until browned on one side, then briefly cooking on the second side, ensured the pork chops wouldn't overcook. A quick, spicy orange-flavored sauce—prepared in a matter of minutes—completed our perfectly cooked pork chops.

Source: Cook's Country (4 servings)

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## Herb Crusted Pork Chops

My hubby did a great job cooking these up last night!

### **Herb Crusted Pork Chops**

#### Ingredients

1 pound thin boneless pork chops, fat trimmed  
2 tablespoons Dijon mustard  
 $\frac{1}{2}$  cup whole wheat Panko breadcrumbs  
1 tablespoon fresh thyme, chopped  
1 tablespoon fresh parsley, minced  
 $\frac{1}{8}$  teaspoon sea salt  
 $\frac{1}{8}$  teaspoon pepper  
1 tablespoon olive oil

#### Method

1. Preheat oven to 450 degrees F.
2. Rub mustard evenly over pork chops. Combine panko, thyme, parsley, salt and pepper in a large bowl and dredge pork chops in panko mixture.
3. Heat a large ovenproof skillet over medium-high heat. Add oil to pan and swirl to coat. Add pork chops, saute for 2 minutes or until golden brown.
4. Turn pork over and place skillet in oven for about 8 minutes or until pork reaches 145 degrees in the center. Enjoy!

#### Notes

Recipe adapted from Cooking Light

Melissa's note – we used really thin pork chops so we did not

have to finish them in the oven. If using thicker cuts, finish in oven as directed.

Source: Eat Yourself Skinny (Servings: 4 | Yield: 1 chop)

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## Pork Chops Marinara with Spaghetti



### **Pork Chops Marinara with Spaghetti**

#### Ingredients

- $\frac{1}{4}$  pound whole wheat spaghetti
- 1 teaspoon olive oil
- 20 ounces lean bone-in pork loin chops, trimmed, 4 chops
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon black pepper
- 2 bell peppers, assorted colors, diced
- 2 cloves garlic, finely chopped
- $\frac{1}{8}$  teaspoon red pepper flakes
- 1 cup marinara sauce

#### Method

1. Cook spaghetti according to package directions, omitting salt. Drain and keep warm.
2. Meanwhile, heat oil in large nonstick skillet over medium

heat. Sprinkle pork with salt and black pepper. Add pork to skillet and cook until browned, about 3 minutes per side. Transfer to plate.

3. Return skillet to medium heat. Add bell peppers, garlic, and pepper flakes; cook, stirring frequently, until vegetables begin to soften, about 4 minutes. Add marinara sauce and pork chops; turn pork to coat with sauce. Reduce heat and simmer until instant-read thermometer inserted into side of each chop registers 145°F, 3-4 minutes. Serve over spaghetti.

## Notes

11 WW SmartPoints

Source: Weight Watchers Love It, Cook It, Eat It (Servings: 4 | Yield: 1 pork chop, 2/3 cup sauce, and 1/2 cup spaghetti per serving)

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# Pork Chops and Applesauce

Pork Chops and Applesauce

## Ingredients

4 thin (14 oz) boneless pork loin chops, center cut

¼ teaspoon paprika

½ teaspoon garlic powder

½ teaspoon dried sage

½ teaspoon dried thyme

salt and fresh cracked pepper to taste

1 teaspoon butter

2 tablespoons flour (leave out for gluten free)

½ cup apple sauce for serving on the side

## Method

1. Season pork chops with paprika, garlic powder, sage, thyme, salt and fresh pepper to taste.

2. Place flour on a small flat plate and lightly pat the chops with flour, shaking off any excess flour so they are lightly coated.

3. Heat a large skillet over medium heat and add butter when the pan is hot. When the butter melts, place chops in the skillet and cook 3 1/2 to 4 minutes. Turn over and cook an additional 3 – 4 minutes, or until the internal temp is 145° F. Remove from the pan and set on a platter to rest for three minutes.

#### Notes

Servings: 4 • Size: 1 chop, 2 tbsp applesauce • Old Points: 4 pts • Points+: 4 pts

Calories: 180 • Fat: 8.2 g • Protein: 20.3 g • Carb: 4.8 g • Fiber: 0.3 g • Sugar: 1.5

Sodium: 29.3 mg

Source: Skinny Taste (Servings: 4 | Yield: 1 chop, 2 tbsp applesauce)

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## [Korean Style Pork Chops](#)



### **Korean Style Pork Chops**

Korean Style Pork Chops – a simple recipe for Korean style

marinated pork chops, resulting in melt in your mouth, super delicious pork chops. Best ever!

## INGREDIENTS

4 pork chops  
1 tablespoon olive oil  
 $\frac{1}{4}$  cup soy sauce, low sodium  
2 tablespoons honey  
4 cloves garlic, minced  
1 teaspoon sesame oil  
1 teaspoon ginger, minced  
2 teaspoons sriracha sauce  
black pepper to taste

## METHOD

1. Preheat oven to 400 F degrees.
2. In a medium size bowl whisk together the soy sauce, honey, garlic, ginger, sesame oil and sriracha sauce. Pour over pork chops and let marinate for about 20 minutes.
3. Heat the olive oil in a large skillet for medium high heat. Add pork chops, without marinade, and cook for about 5 minutes for the first side, or until it gets a nice brownish color. Flip the pork chops and pour the remaining marinade over them. Cook another 5 min on this side.
4. Place the skillet in the oven to finish cooking them. Roast for about 10 minutes, or until pork chops are completely cooked through.

If your pork chops are not very thick, mine were about 1 inch in thickness, you might not need to finish cooking them in the oven.

## NUTRITION NOTES

Serving size: 1 pork chop

Calories: 359 Fat: 26.2g Saturated fat: 8.4g Unsaturated fat: 0.0g Trans fat: 0.0g Carbohydrates: 11.4g Sugar: 9.1g Sodium: 975mg Fiber: 0g Protein: 19.2g Cholesterol: 70mg

Source

Jo Cooks

Categories: 5 WW PointsPlus, Pork, pork chops (boneless)  
(Servings: 4 | Yield: 1 chop per serving)

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## Breaded Pork Cutlet



### **Breaded Pork Cutlet**

Panko, coarse Japanese bread crumbs, give these baked pork chops wonderful crispness. Serve them immediately for the best texture.

### Ingredients

4 sprays cooking spray  
1 lb. uncooked lean boneless pork chop(s), four 4 oz chops  
 $\frac{1}{2}$  cup all-purpose flour  
 $\frac{3}{4}$  teaspoon table salt, or to taste  
 $\frac{1}{2}$  teaspoon black pepper, or to taste  
1 large egg  
3 tablespoon fat free skim milk  
1  $\frac{1}{2}$  teaspoons Dijon mustard, or to taste  
 $\frac{1}{2}$  cup dried plain breadcrumbs, panko-variety (see note)  
 $\frac{1}{2}$  medium lemon, cut into 4 wedges

## Method

1. Preheat oven to 400°F. Coat a nonstick baking sheet with cooking spray.
2. Place pork chops between 2 sheets of waxed paper; pound to 1/4-inch thickness with a rolling pin.
3. On a plate, combine flour, salt and pepper. Beat egg in a shallow bowl; stir in milk and mustard. Place panko on a plate.
4. Dip chops, one at a time, in flour mixture to lightly dust both sides; shake off excess. Dip each chop in egg batter and then lightly coat both sides with panko. Place on prepared baking sheet; lightly coat with cooking spray.
5. Bake for 8 minutes; flip and bake until cooked through, about 5 to 7 minutes more. (Coat with cooking spray and broil for a minute or two if you like the coating extra crisp.) Serve with lemon wedges. Yields 1 chop per serving.

## Notes

Panko is available in the Asian sections of supermarkets; substitute coarse bread crumbs if desired.

Add some cayenne pepper to the bread crumb mixture, if desired.

You can also cook these in batches in a nonstick skillet coated with cooking spray.

7 WW PointsPlus

### Prep

- Prep: 15 Minutes
- Cook: 15 Minutes

Source: Weight Watchers (4 servings)

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# Sautéed Pork Tenderloin Medallions with Lemon-Garlic Sauce



## **Sautéed Pork Tenderloin Medallions with Lemon-Garlic Sauce**

### Ingredients

1 lb. pork tenderloin, lean only, trimmed  
 $\frac{1}{4}$  teaspoon plus  $\frac{1}{8}$  tsp black pepper, divided  
 $\frac{1}{4}$  teaspoon salt, divided  
2 teaspoons olive oil, divided  
2 cloves garlic, minced  
 $\frac{1}{2}$  cup dry white wine, (for a non-alcoholic recipe, substitute low-sodium chicken broth)  
 $\frac{1}{2}$  cup chicken broth, low-sodium  
1 tablespoon lemon juice  
2 teaspoons grated lemon zest  
1 tablespoon fresh chopped parsley or 1  $\frac{1}{2}$  tsp chopped fresh sage or rosemary\*

### Method

1. Cut pork into 12 slices, about 1-inch-thick each. Sprinkle pork on all sides with  $\frac{1}{4}$  teaspoon pepper and  $\frac{1}{8}$  teaspoon salt. Heat 1 teaspoon oil in a large heavy skillet over medium-high heat. Add pork and cook, turning once, until pork

is well-browned and internal temperature reaches 145°F, about 1 1/2 minutes on each side. Transfer pork to a serving platter and cover to keep warm.

2. Add remaining teaspoon oil to skillet. Add garlic and cook, stirring constantly, until garlic is fragrant, about 30 seconds. Add wine and broth. Increase heat to high and cook, stirring to scrape up browned bits from bottom of skillet, until liquid is reduced by two thirds, about 5 minutes.

3. Remove skillet from heat and stir in remaining 1/8 teaspoon pepper, remaining 1/8 teaspoon salt, lemon juice, lemon zest and parsley. Serve pork drizzled with sauce.

#### Notes

\*To substitute fresh herbs with dried herbs, use 1 1/2 teaspoons dried parsley or 3/4 teaspoon dried sage, or 3/4 teaspoon dried rosemary

#### Prep

- Prep: 10 Minutes
- Cook: 10 Minutes

Source: Weight Watchers (4 servings | about 3 ounces of Pork and 1 1/2 tablespoons sauce)

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## [Pork Chops with Horseradish Apples](#)



## **Pork Chops with Horseradish Apples**

Nothing evokes the fall season like a plate of pork chops and apples, but we upped the ante with spicy horseradish, which adds new verve to this timeless dish.

### **Ingredients**

4 center-cut bone-in pork chops (about 1/2 inch thick)  
1 tablespoon vegetable oil  
1 medium onion, thinly sliced  
2 Granny Smith apples, peeled, cored, and cut into 1/3-inch wedges  
 $\frac{1}{3}$  cup dry white wine  
 $\frac{1}{3}$  cup water  
1 tablespoon drained bottled horseradish, or to taste  
2 tablespoons chopped chives

### **Method**

1. Preparation
2. Pat chops dry and season with 1 teaspoon salt and 1/2 teaspoon pepper.
3. Heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Sauté chops, turning once, until browned and cooked through, about 8 minutes. Transfer to a plate and keep warm, loosely covered.
4. Reduce heat to medium and add onion, apples, and 1/8 teaspoon salt. Cook, stirring occasionally, until onion begins to soften, about 3 minutes. Add wine and water and simmer, covered, stirring occasionally, until apples are tender but

not falling apart, about 12 minutes. Stir in horseradish, chives, and meat juices from plate. Season with salt and pepper. Serve chops with sauce.

#### Prep

- Active: 20 Minutes
- Total Time: 40 Minutes

Source: [Epicurious.com](https://www.epicurious.com) (4 servings)