

# 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)