

Herbed Breaded Pork Chops

4 Pork Chops
1/2 teaspoon salt
1/2 teaspoon pepper
1/3 cup corn meal
1 teaspoon thyme
1 teaspoon paprika
1/2 teaspoon sage
2 Tablespoons Olive oil
1 egg + 1 Tablespoon of water



Heat oil in skillet or electric skillet on medium heat (350 to 375 for electric skillet). Mix all the spices and cornmeal in a bowl. Mix egg with some water to make an egg wash in a second bowl. Dip Pork chop in egg wash, then roll in breading. Place in skillet and brown on first side about 5 min. Turn and finish cooking on other side until done about 10 minutes. (can check with a meat thermometer 170 degrees)

<http://www.lincolntent.com/GlutenFreeCaseinFree-PorkRecipes.html>