

Low-Point Garlic and Parmesan Crusted Pork Cutlets

Ingredients:

- 1 lb. (or a little over) pork tenderloin
- 1 slice white bread
- 1/4 cup grated parmesan cheese
- 1 tsp. garlic powder or 2 cloves garlic, minced
- 1 tsp. sea salt or kosher salt
- 1/4 cup Panko (Japanese bread crumbs)
- 1/2 tsp. pepper
- 1/4 cup flour
- 1 egg
- 1 Tbs water
- 2 Tbs olive oil

Cut the pork tenderloin into five equal-portioned pork chops. Toast bread and place in food processor along with parmesan, salt, pepper, garlic, and Panko. Pulse until you have small to medium sized bread crumbs. Transfer the crumb mixture into a shallow bowl. Place flour in second shallow bowl. In a third shallow bowl beat egg with water until egg is no longer stringy. Heat olive oil in a large skillet over medium-high heat. Dip the pork chops into the flour to lightly dust, shaking off excess, then dip in the egg mixture, and finally the bread crumb mixture. Cook the pork until golden brown on both sides and cooked through. Enjoy!

Total servings - 5

Serving size - 1

Points per serving - 5.5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"Remember, a real decision is measured by the fact that you've taken new action. If there's no action, you haven't truly decided."
- Tony Robbins***