

Low-Point Pork Schnitzel Sandwich

Ingredients:

- 5, 4 oz. thin boneless pork chop cutlets, fat removed
- 1/4 cup flour
- 1/2 tsp. Goya Adobo seasoning
- 1 tsp. paprika
- 1/8 tsp. pepper
- 1 egg
- 2 Tbs 1% or fat-free milk
- 1/2 cup Panko, Japanese bread crumbs (you will have a little excess leftover; discard)
- 2 Tbs olive oil
- Pam cooking spray with olive oil
- Saran wrap
- Arnold Sandwich Thins (bread rolls)

Preheat oven to 175 degrees. Place each pork chop on a flat service or cutting board. Take a piece of saran wrap and place it over the top of the pork chop. Take a meat mallet and lightly pound pork chop, pulling outward as you pound to make it flatter and larger in size. Get out three shallow bowls. In one bowl, add flour, Adobo, paprika and pepper. Mix. In the second bowl, mix egg and milk. In the third bowl place the Panko bread crumbs. Taking one pork chop at a time, dip pork chop in egg mixture, then flour mixture (shaking off excess), and coat with Panko. Place pork chops in large skillet heated with olive oil over medium-high heat. Cook/fry on each side for about 4 minutes. Use Pam cooking spray if you need a more oil. Once pork chops are done, place them on a grill rack that has been placed on a baking sheet and put them in the oven to keep warm while the other pork chops are frying. Once all pork chops are done, place on Arnold Sandwich Thins and top with strawberry mayonnaise. Enjoy!

Strawberry Mayo

Ingredients:

- 1/4 cup fat-free mayonnaise
- 1 Tbs strawberry preserves (you can also use raspberry)
- 1/2 Tbs lemon juice
- pepper to taste

Mix ingredients and use as condiment for schnitzel sandwiches.

Total servings - 5 schnitzel sandwiches

Serving size - 1

Points per serving - 5.4 (without sandwich thins or strawberry mayo); 6.7 (with sandwich thins but without strawberry mayo); or 7 (with sandwich thins and 1 tablespoon strawberry mayo).

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

***"I know and I believe that everything I got is everything I need."
- O.A.R.***