



Working On Wellness (WOW) Recipe Card

PREP TIME

COOK TIME

YIELD



Pretzel-Crusted Pork Cutlets with Mustard Sauce

15
minutes

20
minutes

4
servings

Nutrition Report Card

<p>250 calories</p>		8	grams total fat
		105	milligrams cholesterol
		491	milligrams sodium
		17	grams carbs
23	grams protein	1	grams dietary fiber
0	grams sugar	6	Weight Watchers SmartPoints

INGREDIENTS

4 center-cut boneless pork chops, trimmed

1/4 tsp ground pepper

1/8 tsp salt

1/3 c. all-purpose flour

1 large egg, lightly beaten

3 c. mini pretzels, crushed

Olive oil cooking spray

1/4 cup low-fat plain Greek yogurt

2 tbsp. whole-grain mustard

DIRECTIONS

1. Place a wire cooling rack on a rimmed baking sheet and place in the oven; preheat to 450°F.
2. Place pork chops on a large cutting board. Cover with plastic wrap and pound with the smooth side of a meat mallet to about 1/4-inch thickness. Sprinkle with pepper and salt. Place flour, egg and pretzels in three separate shallow dishes. Dredge the cutlets in flour, shaking off excess, then dip in egg, letting excess drip off, then press into pretzels. Generously coat one side of the cutlets with cooking spray.
3. Remove the heated pan from the oven. Put the cutlets, sprayed-side down, on the rack. Coat the second side generously with cooking spray. Bake until golden brown, 8 to 12 minutes.
4. Combine yogurt and mustard in a small bowl. Serve with the pork.

Recipe Source: <http://www.eatingwell.com>
www.michigan.gov/workingonwellness