



# Air Fried Pork Chops

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## Info:

Makes 4 Servings      200 Calories per Serving

**LOW CAL**

## Ingredients:



- ❖ 1lb Pork Loin Chops (4 equal pieces)
- ❖ ½ Cup Mustard
- ❖ ½ Cup Bread Crumbs
- ❖ 1 tsp Italian Seasoning
- ❖ 1 tsp Salt
- ❖ 1 tsp Pepper
- ❖ ¼ tsp Cayenne Pepper (optional)
- ❖ Cooking Spray

## Preparation:



1. Preheat oven to broil
2. Thickly coat pork chops with mustard
3. On a plate combine bread crumbs and Italian seasonings and coat both sides of pork chops with bread crumb mixture
4. Coat baking sheet with cooking spray, place chops on sheet and spray them lightly with cooking spray
5. Place under broiler and cook about 4-5 minutes on each side or until brown