

Faux Chicken Fried Pork Chop



(Yes, this is even MORE delicious than pictured here – which looks amazing!)

Totals per 4 ounces of pork (basically 4 med-small or 2 large strips as pictured):

Calories 180 Fat 4g Fiber .4g Carbs 3g Protein 30g

What you'll need:

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| 2 lbs Pork loin, cut into strips | 1 Teaspoon ground black pepper |
| 1 Cup skim milk | 1 Teaspoon ground Thyme |
| 2 Cups whole-wheat flour | 1 Gallon size baggie (optional) |
| 2 Tablespoons Lawry's seasoned salt | 4 Long or 8 short <u>flat</u> metal skewers |
| 2 Tablespoons garlic salt (any brand) | 1 Can butter flavored cooking spray |

Aluminum foil

An oblong cake pan

Let's get to cooking!

1. Preheat oven to 375 degrees.
2. Take pork loin strips and soak them in a bowl with skim milk.
3. Put ALL dry ingredients in your gallon baggie and shake to mix thoroughly. (If you don't have a gallon baggie you can mix this in a large bowl – but be sure to mix thoroughly.)
4. Take 4 strips at a time, place in baggie and shake until thoroughly coated.
5. Take each breaded strip and thread on to your skewer until skewer is full.
6. Spray all sides of pork with cooking spray and hang on the edges of the cake pan so the pork is suspended. (I ALWAYS line my pan with aluminum foil for easy cleanup.)
7. Bake for 40 minutes or until pork is golden brown, then slide off skewer with a fork.
8. Serve hot with (or without – it's great with nothing) K LW Honey Mustard, Ranch or Cocktail dipping sauce.

Caution: If you have a salt issue, you'll need to alter this recipe to fit your needs. And if you don't drink milk, you'll change the skim milk to a substitute of your choosing.

Craving a deep fried, old-timey pork chop, inspired this **Kitty's Lighter Weigh** recipe!