



RECIPE COURTESY OF FOOD NETWORK KITCHEN

## Baked Pork Chop

### Ingredients:

1 1/2 cups panko

5 tablespoons vegetable oil

3 tablespoons grated Parmesan

2 teaspoons dried Italian seasoning

Kosher salt and freshly ground black pepper

Four 3/4-inch bone-in pork chops (about 2 1/4 pounds)

Lemon wedges, for serving (optional)

### Buy ingredients online

59801 Missoula, Montana [Change](#)

### Directions:

**1** Preheat the oven to 450 degrees F. Combine the panko, oil, Parmesan, Italian seasoning and 3/4 teaspoon each salt and pepper in a large resealable plastic bag. Put the pork chops in a large bowl and toss to coat with 1 tablespoon water. Place the pork chops in the bag and shake well to coat, pressing the breadcrumb mixture firmly into the meat.

**2** Place the pork chops on a wire rack set on a baking sheet and top evenly with any breadcrumbs remaining in the bag. Bake until the breadcrumbs are dark golden and the internal temperature of the chops registers 165 degrees F on an instant-read thermometer (avoid touching bone), about 30 minutes. Serve immediately with lemon wedges, if using.