

# Sheet Pan Crispy Cheddar Pork Chops

**Prep Time: 10 minutes | Cook Time: 30 minutes | Servings: 4**

Serving Size: 1 Pork Chop plus 1 Cup Vegetables; Calories 798; Total Fat 40g; Saturated Fat 18g; Sodium 709mg; Total Carbohydrate 55g; Dietary Fiber 0g; Protein 57g

## Equipment Needed:

- Baking sheet
- Meat thermometer

## Ingredients:

- 4 bone-in or boneless thick cut pork chops
- 2 eggs
- 1/4 cup milk
- 1 1/2 cup Panko bread crumbs
- 1 1/2 cup cheddar cheese shredded
- 1 tablespoon Italian seasoning
- 1 teaspoon garlic powder
- 1 lb Brussels sprouts, quartered
- 1 lb baby potatoes, quartered
- Salt and pepper
- 2 tablespoons olive oil



## Instructions:



1. Heat oven to 425°F. Spray a sheet pan with cooking spray or line with parchment paper.



2. In a shallow dish, whisk together egg and milk.



3. In another shallow dish, mix Panko, cheddar cheese, Italian seasoning and garlic powder.



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## Instructions Continued:



4. Salt and pepper each side of the pork chops and dredge them in the egg mixture.



5. Next, coat the pork chops in the Panko mixture. Lay them on the sheet pan.



6. In a large bowl, add the Brussels sprouts and potatoes. Season with salt and pepper and toss with olive oil.



7. Arrange the vegetables next to the pork on the sheet pan. If necessary, use an additional sheet pan to fit all the vegetables.



8. Bake for 15 minutes, then flip the pork over and continue baking for 12-15 minutes, or until the pork reaches an internal temperature of 145°F.



Grab the family, take a photo of your dish, and share your culinary masterpiece on social media with [#FoodFun4H](#) [#Indiana4H](#)

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