

Oven-Baked Pecan Pork Chops

- 1 egg, beaten
- 2 tablespoons olive oil
- 1 tablespoon dry sherry or water
- 4 lean pork chops
- 1/4 cup finely chopped pecans
- ground ginger and garlic powder

Preheat the oven to 350 degrees. In a shallow bowl, beat together the egg, oil and sherry. Add ginger and garlic powder to taste. Dip the chops in the mixture, and then coat evenly with the pecans. Arrange the pork chops in a single layer in a glass baking dish coated with additional oil. Bake for 30 minutes, turn, and bake until tender, about 20 minutes longer.

Serves 4

Source: The Paleo Diet for Athletes