

**Fried Cornflake Crusted Pork Chop with Creamy Mushroom Gravy,
Mashed Potatoes and Corn Succotash**

Yield: 4 servings

Ingredients:

4 Lean Pork Chops

2 cups Corn Flakes**

1 cup Flour

2 Eggs

1 medium yellow onion

5 cloves Garlic

1 container of Mushroom

1 can of cream of mushroom**

1 can of corn

1 cup frozen lima beans

Instant mash potatoes **

Garlic powder

Onion powder

Crush red chili

paprika

Salt and pepper

Italian seasoning

Vegetable oil

Direction:

1. Tenderize pork chop, season with salt and pepper. Set up standard breaking procedure into 3 sections, flour, egg and crushed cornflakes. Season all stations vigorously with salt, pepper, garlic powder, onion powder, chili flakes, and italian seasoning. About a 1 tablespoon each.
2. Coat pork chops in seasoned flour, egg wash, then crushed cornflakes. Repeat. Obtain a medium frying pan and pour about 4-5 tablespoons of oil on medium heat. Fry pork chops for 5 minutes on each side until golden brown crust and internal temp reaches 145 degrees.
3. After pork chops are finished, take them out and place on a plate to the side. Add all chopped mushrooms, half of onion sliced, and 3 cloves of garlic chopped into the pan. Saute for 4 minutes. Add a can of creamed mushroom, ¼ cup of water, ½ tablespoon of italian seasoning, and ¼ tablespoon of paprika. Simmer gravy for 5- 10 minutes on low heat.
4. Start on corn succotash, drain and rinse corn from the can. Obtain another medium frying pan and turn on to medium high heat. Add 2 tablespoons of vegetable oil, and add the other half of the onion chopped. Add 2 cloves of chopped garlic and saute for 3-4 minutes until fragrant. Add drained corn and 1 cup of lima beans, saute for 6-7 minutes. Add ½ teaspoon of garlic powder, ½ teaspoon of onion powder, ¼ teaspoon of paprika, ¼ italian seasoning, and a pinch of cayenne pepper. Mix thoroughly.
5. Make instant mashed potatoes as directed in packet instructions.
6. Slice pork chop, serve on a plate with a side of succotash (corn) and mashed potatoes. Enjoy!