



**Food H & P:**

- 3 cups dry Italian bread crumbs
- 1 small pack of dry Italian dressing mix
- 2 Tablespoons of Parmesan cheese
- 1 Tablespoon of powdered garlic
- 1 cup of bottled ranch dressing (more if needed)
- 6 thinly sliced pork chops

**Food Rx:**

Place the creamy ranch dressing on a plate. Mix the first 4 ingredients (dry ingredients) onto another plate. Dip the pork chop in the wet dressing allowing the extra to drip off then coat the chops in the dry mix. Place the pork chops on a foil lined baking sheet. Bake the pork chops at 400 degrees for 45 minutes or until the internal temperature reaches 160 degrees Fahrenheit.