

## HERB CRUSTED PORK CHOPS

- **4 Boneless Pork Chops, lean**
  - **2 T. Dijon Mustard**
  - **1 T. Olive Oil**
  
  - **Dry Seasoning Rub:**
    - ½ cup Panko Breadcrumbs
    - 1 T. Fresh Chopped Thyme (mother of thyme or lemon thyme)
    - 1 T. Fresh Chopped Parsley, Flat leaf Italian
    - 1/8 t. sea salt
    - 1/8 t. pepper
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1. Preheat oven to 450 degrees;
  2. Combine the dry seasoning rub ingredients;
  3. Heat olive oil in ovenproof skillet;
  4. Add pork chops to skillet & sauté chops until golden brown;
  5. Turn pork over and place in the oven for about 8 minutes or pork reaches 145 degrees.