

Parmesan-Breaded Pork Chops with balsamic-roasted vegetables

Ground nuts can be used as a stand-in for bread crumbs to make a tasty “breading” crust that can be easily herbed or spiced up any way you like.

Yield: 4 servings

Preheat oven to 350

Ingredients

- 1 white onion, thinly sliced
- Small eggplant, unpeeled, cut into ½ inch cubes
- 1 green bell pepper sliced
- 1 yellow or red bell pepper, sliced
- 2 garlic cloves coarsely chopped
- ¼ cup extra virgin olive oil or more as needed
- ¼ cup balsamic vinegar
- Sea salt and ground black pepper
- 1 large egg
- 1 tablespoon coconut milk
- ½ cup ground almond or pecans
- ¼ cup grated parmesan cheese
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 4 bone-in pork chops (about 6oz each)
- 1 lemon, thinly sliced

Preparation

1. Combine onion, eggplant, bell peppers and garlic in a large baking pan. Drizzle with 2 tablespoons of the oil and the vinegar. Sprinkle with salt and pepper to taste, toss to coat vegetables. Cover pan with foil and bake for 30 minutes.
2. Meanwhile, whisk together egg and coconut milk in a shallow bowl. Combine almond/pecan meal, parmesan garlic and onion powders in another shallow bowl. Season with salt and pepper. Dip each pork chop into egg coating both sides. Then dredge both sides with parmesan/nut mix.
3. Heat 2 tablespoons of oil in a large skillet over medium-high heat. Add pork chops and cook just until nicely browned 2-3 minutes per side.
4. After vegetables have roasted for 30 minutes, remove baking pan and place pork chops on top. Top pork chops with the lemon slices
5. Return to oven and bake uncovered, until pork chops are just cooked through (they should be very slightly pink at the center) and the vegetables are soft. (About 30 minutes)