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"Dump and Go" Baked Pork Chops

Recipe By JOE LASHER, SR.

SERVES: 4

INGREDIENTS:

- ☐ **4 thick-cut boneless pork chops**
- ☐ **1 cup golden Italian dressing**
- ☐ **½ cup light brown sugar**
- ☐ **½ cup Dijon mustard**
- ☐ **1 tbsp. fresh parsley, *chopped for garnish***
- **salt and pepper, *to taste***

DIRECTIONS:

- ☐ 1. Pre-heat oven to 400°F.
- ☐ 2. Spray baking dish with cooking spray and set aside.
- ☐ 3. Pat dry pork chops and season both sides with salt and pepper, place in baking dish.
- ☐ 4. In mixing bowl, combine salad dressing, brown sugar and Dijon mustard and pour over pork chops.
- ☐ 5. Bake uncovered until internal temp of 145°F and remove.
- ☐ 6. Let rest, loosely covered with foil, for approximately 10 minutes.
- ☐ 7. Garnish with fresh parsley and serve with your favorite rice and Italian salad.

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