

Crispy Baked Chicken, Fish or Pork Chops

Ingredients:

4-6 pork chops or pieces of fish or chicken

1 egg

1/4 cup milk (water may be substituted)

2 tbsp vegetable oil

1 cup crushed Doritos, corn chips or corn flake crumbs

(For gluten-free chips check out the Doritos site above)

1 cup ChoiceBatter™

Preheat oven to 350° F. In a mixing bowl combine the milk, egg and oil, then add ChoiceBatter™, stir well, let sit 5 minutes and stir again. Spread the chips/crumbs on wax paper or a plate. Dip meat in the batter, allow excess to drain, and coat with the chips/crumbs. Press the crumbs over the entire surface of the meat and place on a flat greased baking sheet and bake for 30-40 minutes or until done. Enjoy!