

Golden Baked Pork Cutlets

These quick breaded pork cutlets made with just a few ingredients are so delicious everyone will be wishing they helped make them. Cutting the super-low-fat pork tenderloin into long fillets makes it quick-cooking. Serve with a medley of steamed vegetables and a side of mashed potatoes for a taste of nostalgia.

By **EatingWell Test Kitchen** | Updated on June 19, 2020

Cook Time: 15 mins

Additional Time: 20 mins

Total Time: 35 mins

Nutrition Profile:

Dairy-Free Healthy Aging High-Protein Low Added Sugars Low Carbohydrate Low-Calorie

Ingredients

- 1 pound pork tenderloin, trimmed
- 1/2 cup dry breadcrumbs, preferably whole-wheat (see Tip)
- 1 teaspoon sugar
- ½ teaspoon paprika
- ½ teaspoon onion powder
- ½ teaspoon salt
- 4 teaspoons canola oil
- 1 large egg white, lightly beaten
- 4 teaspoons cornstarch

Directions

Step 1

Preheat oven to 400 degrees F. Coat a rimmed baking sheet with cooking spray.

Step 2

Holding a chef's knife at a 45 degrees angle and perpendicular to the tenderloin, slice the pork into 4 long, thin "fillets."

Step 3

Mix breadcrumbs, sugar, paprika, onion powder and salt in a shallow dish. Drizzle with oil and mash with a fork until the oil is thoroughly incorporated. Lightly beat egg white with a fork in another shallow dish. Sprinkle cornstarch over the pork slices and pat to coat evenly on both sides. Dip the pork into the egg, then press into the breading mixture until evenly coated on both sides. (Discard leftover mixture.)

Step 4

Place the pork on the prepared baking sheet. Bake until just barely pink in the center and an instant-read thermometer registers 145 degrees F, 14 to 16 minutes.

Tips

Tip: To make fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. One slice of bread makes about 1/2 cup fresh crumbs. For dry breadcrumbs, spread the fresh crumbs on a baking sheet and bake at 250°F until crispy, about 15 minutes. One slice of fresh bread makes about 1/3 cup dry crumbs. Or use prepared coarse dry breadcrumbs. We like Ian's brand labeled "Panko breadcrumbs." Find them in the natural-foods section of large supermarkets.

Easy cleanup: Recipes that require cooking spray can leave behind a sticky residue that can be hard to clean. To save time and keep your baking sheet looking fresh, line it with a layer of foil before you apply the cooking spray.

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Nutrition Facts

Per serving: 220 calories; total carbohydrate 11g; dietary fiber 1g; total sugars 1g; added sugars 1g; protein 26g; total fat 7g; saturated fat 1g; cholesterol 74mg; vitamin a 142iu; vitamin c 0mg; folate 1mcg; sodium 377mg; calcium 8mg; iron 1mg; magnesium 33mg; potassium 476mg