

PRETZEL CRUSTED PORK CHOPS/CHICKEN TENDERS

Ingredients

4 Center cut pork chops or
8 Chicken Tenders
2 eggs
1 tblsp. Worcestershire Sauce
1 tsp. Cajun spice (optional)
1 tsp. Garlic salt (optional)
2 cups crushed pretzels

Preparation

Pre heat oven to 425

Beat eggs and Worcestershire Sauce in bowl. Place crushed pretzels and additional seasonings in another bowl.

Take pork chops or chicken tenders and dip in egg mixture then place in pretzel mixture and press to have mixture adhere to meat. Place on parchment lined cookie sheet.

Bake pork chops for 30-35 minutes until crispy and internal temperature of meat is 160. Bake chicken tenders for 20 minutes. You can serve with your favorite dipping sauce or plain.

Enjoy!