



Cajun Pecan Pork

- ½ cup pecan halves, toasted
- ½ cup fine, dry breadcrumbs
- ¼ teaspoon salt
- ½ teaspoon paprika
- ½ tablespoon fresh **oregano**
- ¼ teaspoon ground red pepper
- 6 (4-ounce) lean boneless pork loin chops
- ¼ cup all purpose flour
- ½ cup nonfat buttermilk
- Vegetable cooking spray

Process first 6 ingredients in a blender until pecans are finely chopped. Dredge pork chops in flour. Dip in buttermilk; dredge in pecan mixture. Chill 1 hour. Arrange pork on a rack coated with cooking spray. Place rack in a 13- x 9-inch pan. Coat pork evenly with cooking spray. Bake at 425 degrees for 15 minutes. Turn pork, and coat evenly with cooking spray. Bake 5 more minutes or until done.

Serves 6.