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Proposal Pork Chops

The night I made these pork chops for my then boyfriend Robert, he asked me to marry him The next day when I told my friends about my engagement, I could think of no reason for Robert's change of heart. I just laughed and said the delicious pork chops must have sent the self-proclaimed confirmed bachelor over the commitment edge! Jokingly, one of my friends asked for the recipe to see if they could work a bit of marriage magic on her long time boyfriend. She made them for dinner the next week, and he proposed that evening! A few years later, lightning struck a third time when another friend of mine served them to her boyfriend and the next day...you guessed it...he proposed.

Three pork chop dinners, three marriage proposals, three engagements, three weddings, and, after all these years, three couples who are still happily married! Coincidence? Maybe...maybe not.

6 tablespoons fresh white breadcrumbs
4 tablespoons finely chopped walnuts
Two 5-6 ounce pork chops
3 tablespoons Dijon mustard
Salt and Pepper
Canola or olive oil cooking spray

Heat the oven to 400 degrees.

Line a baking pan with non-stick foil and generously spray with cooking spray.

Mix the bread crumbs and walnuts in a shallow bowl.

Sprinkle both sides of the pork chops with salt and pepper.

Coat each side of the pork chops with the mustard and dredge the chops in the walnut/breadcrumb mixture.

Place the chops on the foil lined baking sheet, spray them lightly with cooking spray, and bake them for 10 minutes at 400 degrees.

Turn the oven temperature down to 350 degrees and bake for another 15-20 minutes or until the chops reach an internal temperature of 155 degrees.

Remove from the oven and serve immediately.

Serves two happily every after.

Victoria Wesseler

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