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Breaded Pork Chops with Chopped Salad and Tzatziki
by Chef Judi Gallagher
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This recipe is versatile enough to use with turkey cutlets or boneless chicken breasts. The key is to pound the chicken or turkey with a mallet before breading and cooking and if you are on a restricted diet, you may grill the pork chops (George Forman grills are great for keeping the fat content out) and then top with chopped salad and yogurt-dill sauce.

4 rib pork chops
2 cups seasoned Italian bread crumbs
Garlic salt and fresh ground black pepper to taste
2 eggs beaten
Canola oil for pan frying-

Iceberg lettuce 1 small head
2 tomatoes diced
1 red onion diced
Squeeze of half fresh lemon
Kosher salt and black pepper to taste
Peeled and Diced cucumber (about a ½ cup)
Red wine vinegar to taste
Mild olive oil to taste (fresh and fruity by Ollo is a wonderful choice)
Zest of lemon

Tzatziki (a Greek sauce made with drained plain Greek yogurt, grated cucumbers, minced garlic, olive oil, vinegar and minced dill or fresh mint) although easy to make, most Greek restaurants are happy to sell you a cup or two of their specialty.

Pound pork chops until approximately ½ inch thick- season with garlic salt and fresh ground pepper. Dip into beaten egg and dip into seasoned bread crumbs, covering both sides. Preheat cast iron pan or heavy duty pan with about ½ cup canola oil. When smoke barely begins to appear on the service, pull pan away from heat and add breaded pork chops. Cook on each side until browned, about 5 minutes per side. If the pork chops are thicker- preheat oven to 450 degrees and place cooked pork chops on cookie sheet for 5 minutes and bake in oven.

In a chilled salad bowl, toss chopped iceberg, diced tomatoes and cucumbers, red onion and toss well. Season and squeeze in fresh lemon juice. Toss. Sprinkle red wine vinegar and olive oil to taste.

Place pork chop on a large plate and top with 2-3 large spoons of Greek yogurt-cucumber sauce as described above. Top sauce with chopped salad and zest of lemon