

# Ashley's Meal Prep Monday!

## Honey Mustard Air Fryer Pork Chops

### INGREDIENTS

1/3 cup dijon mustard  
1 TBSP honey  
4-8 3/4 inch thick center  
cut boneless pork chops,  
trimmed  
1/2 TSP salt  
1 cup GF panko (or your  
fav crackers crushed up)  
avocado spray



Season pork chops on both sides with salt. Combine mustard and honey, and marinate the pork chops for at least 4 hours or overnight for best results.

Place panko in a large shallow bowl. Press each pork chop into the panko, coating entirely. Discard leftover panko/marinade.

Lightly spray the basket of the air fryer OR parchment paper works great. Add pork chops and spritz the top with oil. Air fry at 400 for 10-12 minutes, turning halfway and spritzing with oil again.

No air fryer? No problem. Bake for 20-25 minutes at 425.

RECIPE: [WWW.SKINNYTASTE.COM](http://WWW.SKINNYTASTE.COM)

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