

Featuring Tennessee Gourmet® Products

© 2004

Shake and Bake with Sassy

4 Pork loin chops or chicken breasts

1½ cups milk

1 egg, beaten

8 tablespoons Tennessee Gourmet® Sassy Apricot & Spice (your choice of flavor)

Your favorite brand of shake and bake coating mix

Combine milk and beaten egg. Soak each pork chop or chicken breast in the milk and egg mixture for 2-3 minutes. Immediately place the moistened meat into the shake and bake coating mix.

Follow the package cooking time. During the last 10-12 minutes spoon on 2 tablespoons of Tennessee Gourmet® Sassy on each piece.