



Turkey Parmesan

This delicious dish, traditionally made with veal, breaded and sautéed in olive oil is every bit as satisfying made with poultry.

INGREDIENTS:

8, 2 oz. turkey cutlets, pounded
¼ cup egg whites
1 cup Panko bread crumbs (Japanese bread crumbs)
¼ cup whole wheat flour
½ tsp sea salt
Freshly ground black pepper to taste
¼ cup Parmesan cheese, grated
2 cups H3 Marinara Sauce (1/2 cup per person)
¾ cup part-skim Mozzarella cheese, grated
¼ cup coarsely chopped fresh basil

PREPARATION:

- Preheat oven to 350 degrees
- Lay cutlets out on a large sheet of plastic wrap, fold extra wrap over the meat and gently pound each piece to ¼ inch thickness
- Whisk egg whites and place in a pie plate, reserve
- Combine Panko crumbs, wheat flour, salt and pepper, and parmesan cheese and place in a second pie plate
- Dip each pounded cutlet into the egg whites, then dredge lightly in the breading mixture
- Spray baking sheet with cooking spray; lay cutlets across the pan, lightly spray the tops of cutlets.
- Bake for approximately 15 minutes, remove pan from oven and turn each piece. Return to oven for 5 minutes longer
- Spread marinara over the bottom of a 8 x 11 inch glass casserole
- Lay browned turkey cutlets over the sauce, distribute the Mozzarella over the cutlets, cover with foil and heat in 350 degree oven for 20 minutes. Remove foil to brown if desired
- Serve 2 cutlets with sauce over Roasted Spaghetti Squash (see “haystack” recipe)
- Garnish with fresh basil.

Number of servings: 4
Calories: 300
Fat Grams: 10

