

Beef

Veal Scallopini

Taste of Home One-Dish Meals

Servings: 2

2 4-ounce veal cutlets
2 tablespoons all-purpose flour
salt and pepper to taste
3 tablespoons butter, divided
1 tablespoon olive oil
1/4 pound fresh mushrooms, thinly sliced
1/3 cup chicken broth
2 teaspoons fresh parsley, minced

Flatten cutlets to 1/8-inch thickness. In a resealable plastic bag, combine the flour, salt and pepper. Add veal; seal bag and shake to coat evenly.

In a skillet, heat two tablespoons butter and oil. Add veal; cook over medium heat for about one minute on each side or until juices run clear. Remove and keep warm.

Add mushrooms to skillet; cook and stir for 2-3 minutes or until tender. Spoon over veal. Stir broth into skillet, stirring up any browned bits. Add parsley and remaining butter; cook and stir two minutes longer or until slightly thickened. Pour over veal and mushrooms.

Per Serving (excluding unknown items): 424 Calories; 32g Fat (68.3% calories from fat); 25g Protein; 9g Carbohydrate; 1g Dietary Fiber; 140mg Cholesterol; 386mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 5 Fat.