

# **Turkey Scallopini**

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**Servings: 4**

**Start to Finish Time: 20 minutes**

**1 package (17.6 oz) turkey breast cutlets**

**1/4 cup all-purpose flour**

**1/8 teaspoon salt**

**1/8 teaspoon pepper**

**1 egg**

**2 tablespoons water**

**1 cup soft bread crumbs**

**1/2 cup Parmesan cheese, grated**

**1/4 cup butter, cubed**

**fresh parsley, minced**

Flatten the turkey to 1/4-inch thickness.

In a shallow bowl, combine the flour, salt and pepper.

In another bowl, beat the egg and water.

in a third shallow bowl, combine the bread crumbs and cheese.

Dredge the turkey in the flour mixture, then dip in the egg mixture and coat with crumbs. Let stand for 5 minutes.

In a large skillet over medium-high heat, melt the butter.

Cook the turkey for 2 to 3 minutes on each side or until the meat juices run clear and the coating is golden brown.

Sprinkle with parsley.

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Per Serving (excluding unknown items): 244 Calories; 16g Fat (60.8% calories from fat); 12g Protein; 12g Carbohydrate; trace Dietary Fiber; 103mg Cholesterol; 486mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 2 1/2 Fat.