

Pork

Pork Schnitzel

Publix Apron's Simple Meals

Servings: 4

Serve with German Potato Salad and Braised Red Cabbage.

1/4 cup flour

1 cup plain bread crumbs

2 eggs (or 1/2 cup egg substitute)

4 pork cubed steaks (1 1/2 lb)

2 teaspoons kosher salt

1/4 teaspoon pepper

4 tablespoons canola oil, divided

Place flour in shallow bowl; bread crumbs in second bowl. Beat eggs gently in third bowl until blended.

Preheat large saute' pan on medium-high 2-3 minutes. Season both sides of pork with salt and pepper. Dip pork in flour (coating both sides) then dip into egg mixture (allowing excess to drip off). Finally dip into bread crumbs (wash hands).

Place two tablespoons of the oil in pan; swirl to coat. Place two pork steaks in pan (wash hands); cook 4-5 minutes on each side or until internal temperature is 160 degrees (for medium). Use a meat thermometer to accurately ensure doneness.

Remove pork steaks from pan; cover to keep warm. Repeat steps with remaining two tablespoons oil and two pork steaks. Serve.

Per Serving (excluding unknown items): 149 Calories; 14g Fat (81.8% calories from fat); 1g Protein; 6g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 940mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Fat.