

Turkey Piccata

Chicken cutlets are a good substitute for turkey cutlets. Make your own by cutting 4 chicken breasts in half horizontally.

Serves 4 (serving size: 2 cutlets and 2 tablespoons sauce)

Ingredients

- 8 (3-ounce) turkey cutlets
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon olive oil, divided
- 2 tablespoons unsalted butter, divided
- 1/4 cup chopped shallots
- 1 tablespoon sliced garlic
- 3/4 cup dry white wine
- 1/2 cup low sodium chicken stock
- 1 teaspoon all-purpose flour
- 2 tablespoons fresh lemon juice
- 1 1/2 tablespoons capers, drained
- 2 tablespoons chopped green onion

Preparation

1. Sprinkle turkey evenly with salt and pepper. Heat a large skillet over medium-high heat. Add 1 1/2 teaspoons oil to pan; swirl to coat. Add 4 cutlets to pan, and cook 2 minutes on each side or until done. Remove cutlets from pan; keep warm. Repeat procedure with remaining oil and cutlets.

2. Add 1 tablespoon butter to pan. Add shallots and garlic; sauté 1 minute. Increase heat to high. Add wine; bring to a boil, and cook 2 minutes, scraping pan to loosen browned bits. Combine chicken stock and flour, stirring with a whisk. Add stock mixture to pan, and bring to a boil. Cook 5 minutes or until liquid is reduced by half. Remove from heat; stir in remaining 1 tablespoon butter, juice, and capers. Pour sauce over cutlets; sprinkle with green onion.

Nutritional Information per serving:

Calories: 298

Fat: 10g

Saturated fat: 4.1g

Monounsaturated fat: 4g

Polyunsaturated fat: 0.6g

Protein: 43.3g

Carbohydrate: 4.5g

Fiber: 0.6g

Cholesterol: 83mg