


Turkey Cutlets and Gravy

Creamy country gravy tops lightly breaded turkey cutlets in this mouthwatering entrée.

Ingredients

 **Servings** 4 **Serving Size** 3 ounces turkey and 2 tablespoons gravy

1/4 cup all-purpose flour and 2 teaspoons all-purpose flour, divided use

1 1/2 teaspoons salt-free all-purpose seasoning blend

2 large egg whites

1/4 cup fat-free milk

1/2 cup plain dry bread crumbs (lowest sodium available)

4 turkey breast cutlets (about 4 ounces each), all visible fat discarded

OR

1 pound boneless, skinless turkey breast, cut crosswise into 4 slices, cutlets, or slices flattened to 1/2-inch thickness

Cooking spray


1 tablespoon canola or corn oil

1/4 cup fat-free half-and-half

1/3 cup fat-free, low-sodium chicken broth

1/8 teaspoon pepper

Directions

 **Tip:** Click on step to mark as complete.

In a medium shallow dish, stir together 1/4 cup flour and the seasoning blend. In a separate medium shallow dish, whisk the egg whites until foamy. Whisk in the milk. Put the bread crumbs in a third medium shallow dish. Set the dishes and a large plate in a row, assembly-line fashion.

Dip the turkey in the flour mixture, then in the egg white mixture, and finally in the bread crumbs, turning to coat at each step and gently shaking off any excess. Using your fingertips, gently press the coating so it adheres to the turkey. Transfer to the plate. Sprinkle any remaining bread crumb mixture over the turkey. Lightly spray both sides with cooking spray.

In a large nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the turkey for 4 minutes on each side, or until no longer pink in the center. Transfer to serving plates, leaving any pan drippings in the skillet. Reduce the heat to medium.

Meanwhile, in a small bowl, whisk together the half-and-half and the remaining 2 teaspoons flour (the mixture may be slightly lumpy). Whisk in the broth and pepper. Whisk into the pan drippings, scraping to dislodge any browned bits. Cook for 1 minute, whisking constantly. Spoon the gravy over the turkey.

 **Calories**

268 Per Serving

 **Protein**

34g Per Serving

 **Fiber**

1g Per Serving

Nutrition Facts

Calories	268
Total Fat	5.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	2.5 g
Cholesterol	71 mg
Sodium	209 mg
Total Carbohydrate	20 g
Dietary Fiber	1 g
Sugars	3 g
Protein	34 g

Dietary Exchanges

1 1/2 starch, 3 lean meat