



Favourite Recipes from our Members

AREA "D1" SAVORY TURKEY CUTLET

Serves: 4

Prep Time: 48 minutes

- 1 lbs. Turkey breast, boned
- 1 eggs
- 2 T. milk
- 1 cup whole wheat bread crumbs
- ½ cup wheat germs
- ¼ cup grated Parmesan cheese
- 2 T. dried savory
- 2 T. dried thyme
- Whole wheat flour
- 3 T. butter
- 3 T. oil

Cut the turkey breast into slices 3/8 of an inch thick. Place each slice between 2 sheets of waxed paper and pound with a meat tenderizer or mallet. In shallow dish, beat 1 egg and 1 tablespoon of milk. In another dish, combine the bread crumbs, wheat germs, Parmesan, savory and thyme. Dredge the turkey in flour, and dip into the egg mixture. Then dredge in crumb mixture. Heat 2 tablespoon each of butter and oil in frying pan. Fry over medium heat until brown on both sides and cooked through. Add more butter and oil as needed.