

Cubed Turkey Steak

Ingredients:

Non stick cooking spray
 1 onion
 1 green pepper
 1 pound turkey breast cutlets
 1/8 cup flour
 1/4 teaspoon salt
 1/4 teaspoon pepper

Equipment:

Cutting board
 Knife
 Measuring spoons
 Measuring cups
 Meat pounder or heavy cans
 Plastic wrap
 Non-stick skillet
 Baking dish
 Aluminum Foil

Directions

1. Preheat oven to 375°F. Spray a 9 x 9 baking pan with non stick spray, set aside.
2. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Set slices aside.
3. Wash a green pepper and, hold it by the top with the bottom sitting on a cutting board. Slice down one side, cutting between the spines where the white membranes are. Turn the pepper to the next side, and slice off the next side between the spines. Keep turning until you have a skeleton. This piece can be thrown away. Take the sides you have created and slice them apart. Set the slices aside.
4. Tenderize turkey cutlets by placing between two pieces of plastic wrap and use a meat pounder or heavy can of food to pound cutlet until it is an even thickness
5. Spray non-stick skillet with cooking spray and heat until hot.
6. Combine flour, salt and pepper on dinner plate, spread evenly, dredge cutlet in flour and place in skillet. Brown on both sides.
7. Place browned meat in baking dish. Layer onions and pepper on top.
8. Cover tightly with aluminum foil and bake for 25 minutes. Uncover and bake for 5 more minutes.

Number of Servings: 4
 Prep Time: 10 minutes
 Total Time: 40 minutes

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Nutrition Facts

Serving Size: 1 turkey cutlet w/onions & peppers
 Servings: 4

Amount Per Serving		Calories from Fat 18	
		%Daily Value*	
Calories	147		
Total Fat	2g	2%	
Saturated Fat	trace 1g	0%	
Cholesterol	64mg	21%	
Sodium	362mg	15%	
Total Carbohydrate	7g	2%	
Dietary Fiber	1g	5%	
Protein	25g	50%	
Vitamin A	4%	Vitamin C	47%
Iron	2%	Calcium	1%

*Percent Daily Values are based on a 2,000 calorie diet.

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