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

Directions
1. Preheat oven to 375ºF. 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 four, 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.

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

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

Nutrition Facts
Serving Size: 1 turkey cutlet, 1 onion, & 1 green pepper
Serving: 4
Amount Per Serving
Calories 167
Calories from Fat 18
Total Fat 2g
% Daily Value
Saturated Fat trace
Cholesterol 64mg
Sodium 362mg
Total Carbohydrate 7g
Dietary Fiber 1g
Protein 25g

Vitamin A 4%
Vitamin C 47%
Iron 2%
Calcium 1%

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