TURKEY CUTLETS WITH PARMESAN CRUST

INGREDIENTS:



- 4 turkey breast cutlets (4 oz each)
- 2 large organic egg whites (beaten)
- 1/3 cup seasoned breadcrumbs (your choice)
- 2 tbsp Parmesan cheese
- kosher salt and fresh pepper
- 1 tbsp butter
- 1 tsp olive oil
- lemon wedges for serving

NUTRITION INFO:

- 196 calories
- 7g carbs
- 29g protein
- 6g fat

DIRECTIONS:

- Season cutlets with salt and pepper.
- Combine breadcrumbs and Parmesan cheese in a medium bowl.
- In another bowl beat egg whites.
- Dip turkey cutlets in egg whites, then breadcrumb mixture, shaking off excess.
- Heat a large nonstick frying pan on medium heat. Add the butter and olive oil.
- When butter melts, add the cutlets and cook about 6 minutes on each side, until golden brown and cooked through.
- Serve with lemon wedges. Makes 4 servings

Reference: www.eatingwell.com