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Veal Scaloppini with Lemon, Capers, and Leeks

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Ingredients

- ❖ 1 pounds veal cutlet(s), (4-6 cutlets), 1/3 - 1/4 inch thick
- ❖ 1/2 teaspoon salt, divided
- ❖ 1/2 teaspoon pepper, black ground, divided
- ❖ 1/3 cup(s) flour, all-purpose
- ❖ 6 teaspoon oil, olive, extra virgin, divided
- ❖ 2 large leek(s), trimmed, washed and thinly sliced
- ❖ 1 cup(s) broth, reduced-sodium chicken
- ❖ 3 clove(s) garlic, minced
- ❖ 2 tablespoon capers, rinsed
- ❖ 1 teaspoon lemon zest
- ❖ 1 tablespoon lemon, juice, fresh
- ❖ 3 tablespoon parsley, flat-leaf, chopped



Recipe Tip:

- Using whole-wheat flour instead of all-purpose flour will give you more nutritional bang for your calorie buck.
- Always buy broth in cardboard containers instead of cans.

Preparation

1. Season cutlets on both sides with 1/4 teaspoon each salt and pepper. Place flour on a large plate; dredge the cutlets, shaking off excess.
2. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add half the cutlets and cook until golden brown and just cooked through, 1 to 3 minutes per side. Transfer to a platter; tent with foil to keep warm. Add 2 more teaspoons oil to the pan and cook the remaining cutlets. Transfer to the platter.
3. Add the remaining 2 teaspoons oil to the pan. Add leeks and cook, stirring occasionally, until soft and light brown, 6 to 8 minutes. Stir in broth and garlic; bring to a boil, scraping up any brown bits, and simmer for 2 minutes. Stir in capers, lemon zest, lemon juice, parsley and the remaining 1/4 teaspoon each salt and pepper.
4. Return the veal and any accumulated juices to the pan. Cook, turning the veal to coat with the sauce, until heated through, 1 to 2 minutes.
5. To serve, divide veal among 4 plates and top with the leek mixture.