



CRISPY ITALIAN TURKEY CUTLETS

With Spiced Cherry Berry Wine Sauce and Drizzles of Key Lime Yogurt

- 4 (1/4 lb. each) turkey cutlets
- 3 Tablespoons white whole wheat flour
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup Panko bread crumbs
- 1/4 cup grated Parmesan cheese
- 1 Tablespoon dried basil
- 1 Tablespoon whole grain mustard
- 2 large eggs
- 2 Tablespoons olive oil or cooking spray or as desired
- For Serving Spiced Cherry Berry Wine Sauce – see attached recipe
 - 1 (8 ounce) container key lime Greek yogurt
- Garnish: 2 Tablespoons fine chopped green onions or chives
 - 1/4 cup coarse chopped cilantro

Preheat oven to 375 degrees F. Coat large baking pan with cooking spray or 1 to 2 Tablespoons canola oil.

Place turkey cutlets between two pieces plastic wrap, gently pound to with mallet to evenly thin cutlet. Cut cutlets into 6 to 8 serving size pieces.

In a shallow dish or waxed paper, combine flour, salt, and pepper. Coat each turkey cutlet with flour mixture.

In shallow dish or waxed paper, combine bread crumbs, Parmesan cheese, and basil seasoning. In a bowl, whisk the mustard with eggs. Dip floured coated cutlets in eggs, and then bread crumbs, coating generously.

Place cutlets in prepared baking pan. Drizzle with olive oil or spray with cooking spray. Turn cutlets over to evenly coat with oil or spray.

Bake about 20 to 25 minutes or tender and golden brown. Yield: Serves: 4

Serve Turkey Cutlets topped with Cherry Berry Red Wine Sauce, sprinkled with chopped chives and cilantro; serve with dollops of key lime yogurt

Turkey Cutlets: Preparation time: 15 minutes Cooking time: about 20 to 25 minutes
Inspired by: American Institute for Cancer Research

SPICED CHERRY BERRY WINE SAUCE

1 cup dried cherries or cherry flavored cranberries

1/3 cup water

3/4 cup red zinfandel or light red wine

1 Tablespoon cornstarch

2 to 3 teaspoons hot red pepper jelly

Place dried cherries and water in microwave safe container. Cook in microwave oven on high power for 1 minute or water boils. Remove; set aside for 10 minutes or until cherries soften. Place softened cherries and liquid in medium sized saucepan.

Stir in cornstarch into 1/2 cup red wine; add to cherries; cook over medium heat stirring until mixture boils and starts to thicken. Add additional wine until desired consistency. Remove from heat; set aside.

Spiced Cherry Berry Wine Sauce:

Preparation: 10 minutes; Resting time: about 15 minutes Cooking time: 5 minutes

About this recipe: Turkey? No- it's not Thanksgiving. It's time to enjoy a great recipe using this lean protein in a healthy entrée. Oven roasted crisp turkey cutlets are served covered with a lightly spiced cherry wine sauce and drizzled with a cool touch of lime yogurt. It looks and tastes so elegant that you will think it's time to celebrate.