

Veal

The Official Dish of Columbus Day

Enter to WIN a Perillo trip to Italy!



PERILLO TOURS
SINCE 1945

No Purchase Necessary. Veal Made Easy Sweepstakes is open to U.S. residents 18 years and older. Sweepstakes is from September 15, 2010 until October 31, 2010 at 11:59PM ET. For entry and official rules visit VealMadeEasy.com. Void where prohibited.

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Enjoy a 10-Day/8-Night Italy Vesuvius Tour for two.

Celebrate Columbus Day with FAST VEAL PARMIGIANA

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Total preparation and
cooking time: 15 minutes.
Makes 2 servings.



1/2 lb. veal leg cutlets, 1/8" to 1/4" thick
1 tbsp. **Colavita Extra Virgin Olive Oil**
2 tbsp. Italian seasoned dry bread crumbs
1/4 cup prepared spaghetti sauce
1/4 cup shredded Mozzarella cheese
2 tsp. grated Parmesan cheese

**Only 268 calories per serving.
Ready in less than 30 minutes.**

1. Pound veal cutlets to 1/8" thickness, if necessary. In large nonstick skillet, heat oil over medium heat until hot. Dip cutlets into bread crumbs, coating both sides.
2. Place cutlets in skillet; cook 2 minutes. Turn; season with 1/8 tsp salt and top each with sauce and mozzarella cheese. Cover and continue cooking 1 to 2 minutes for medium doneness. Do not overcook.
3. Remove from skillet; sprinkle with Parmesan cheese. Serve with pasta, if desired.

Nutrition information per serving: 268 calories; 12 g fat (2 g saturated fat; 4 g monounsaturated fat); 91 mg cholesterol; 606 mg sodium; 10 g carbohydrate; 1.2 g fiber; 29 g protein; 10.3 mg niacin; 0.3 mg vitamin B6; 1.0 mcg vitamin B12; 1.4 mg iron; 12.7 mcg selenium; 3.0 mg zinc.

This recipe is an excellent source of protein, niacin and zinc; and a good source of vitamin B6, vitamin B12 and selenium.

For more great recipes visit VealMadeEasy.com