

Turkey Parmesan

PREP TIME: 10 minutes

COOK TIME: 15 minutes

We love this version of the Italian classic. Pine nuts replace the usual flour coating, adding crunchy texture and nutty flavor. Serve with whole-wheat pasta for a Phase 2 dinner your whole family will love. If you don't have Italian seasoning on hand, use dried basil, rosemary, or thyme—or a mix of all three!

- 2 cups low-sugar pasta sauce
- ½ cup pine nuts, coarsely chopped
- 1 ounce freshly grated Parmesan cheese (¼ cup)
- ½ teaspoon dried Italian seasoning
- 1 pound turkey cutlets, about ⅓ inch thick
- 2 teaspoons extra-virgin olive oil
- 2 ounces shredded part-skim mozzarella cheese (½ cup)
- Salt and freshly ground black pepper

Heat oven to broil. Bring sauce to low simmer in a small saucepan over medium-low heat. Remove from heat and cover to keep warm.

Stir together pine nuts, Parmesan, and Italian seasoning in a wide, shallow dish. Season turkey on both sides with salt and pepper, then dredge both sides in the nut mixture, pressing to adhere.

Heat oil in a large nonstick skillet over medium-low heat. Add turkey and cook until coating is golden brown and juices run clear, about 4 minutes per side. If nuts brown too quickly, reduce heat.

Place turkey in a baking pan, top evenly with mozzarella, and broil until cheese melts, about 30 seconds.

Spoon ½ cup of warm sauce on each plate and top each with a piece of turkey.

Makes 4 servings

NUTRITION AT A GLANCE

Per serving: 380 calories, 21 g fat, 4 g saturated fat, 39 g protein, 10 g carbohydrate, 3 g dietary fiber, 650 mg sodium