

Pecan Crusted Turkey Cutlets

A low-fat, inexpensive alternative to breaded chicken cutlets.



I was originally going to make this with chicken breast cutlets, but the turkey cutlets were half the price in my grocery store, so I went with them instead. The recipe is relatively low fat. If you'd rather not waste the egg yolks and don't mind the extra cholesterol, substitute the 3 egg

whites for another whole egg, but the extra egg whites seem to make the coating stick better after cooking.

$\frac{3}{4}$ c pecans

1 egg

3 egg whites

$\frac{1}{4}$ c flour

4 turkey cutlets

salt and pepper to taste

Take $\frac{1}{2}$ c of the pecans and pulse in a food processor to make a coarse chop. Set aside on a plate. Take the rest of the pecans, plus the flour, salt and pepper, and process until a fine powder, and set aside on another plate. Put the eggs in a bowl and mix.

First, dredge each cutlet in the fine pecan and flour mixture. Then, dip into the eggs. Then dip into the coarse pecans. Let the cutlets set a bit.

In a frying pan, heat 2 tablespoons of oil, and then slip the coated cutlets in, and fry until golden brown, about 3 or 4 minutes a side. Remove to a paper towel to wick off excess

oil.