

Low-Point Turkey Cutlets in White Wine Sauce

Ingredients:

- 8, 3 oz. turkey cutlets
- 1/4 tsp. salt
- 1/4 tsp. freshly ground pepper
- 1 Tbs olive oil, divided
- 1 Tbs Land O Lakes Light Butter with Canola Oil, divided
- 1/4 cup diced shallots
- 1 Tbs diced garlic
- 3/4 cup dry-white wine
- 1/2 cup chicken stock
- 1 tsp. flour
- 2 Tbs fresh lemon juice
- 1 1/2 Tbs capers, drained
- 2 Tbs chopped fresh parsley

Heat a large skillet over medium-high heat with 1 1/2 teaspoons of olive oil. Sprinkle turkey evenly with salt and pepper. Add 4 cutlets to pan, and cook for 2 minutes on each side or until done. Remove cutlets from pan; keep warm. Add remaining oil and cutlets to pan, and cook 2 minutes on each side or until done. After cutlets are removed, add 1/2 Tbs butter to pan. Add shallots and garlic and sauté one minute. Increase heat to high and add white wine. Bring to a boil and cook 2 minutes, scraping pan to loosen browned bits. Combine chicken stock and flour, stirring with a whisk. Add stock mixture to pan, and bring to boil. Cook 5 minutes or until liquid is reduced by half. Remove from heat, and add remaining 1/2 Tbs butter, lemon juice, and capers. Pour sauce over cutlets and sprinkle with parsley. Enjoy!

Total servings - 8

Serving size - 2 cutlets

Points per serving - 6

Points plus per serving - 7

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"It wasn't a waste of time if you learned something." - Anonymous