



## Turkey Scaloppini with Capers and Lemon

### INGREDIENTS:

- 8 turkey breasts (cut into 1/8-inch rounds, 3 oz.) or turkey cutlets
- Salt and white pepper to taste
- Flour for dredging
- 1/4 cup extra virgin olive oil
- 1/2 cup dry white wine
- 1/4 cup fresh lemon juice
- 6 tablespoons capers

### DIRECTIONS:

1. Gently pound each turkey slice with a meat mallet. Season with salt and white pepper and dredge in flour.
2. Sauté turkey in the olive oil until golden brown, 2-4 minutes per side. Remove and hold in a warm place.
3. Deglaze the pan with the wine; then add lemon juice and capers. Return the turkey to the pan to coat with the sauce and reheat.
4. Serve two slices with a portion of the sauce.

**Source:** *Cooking with Extension* | **Yield:** 4 servings. 392 Calories per serving. Total fat 15g; Protein 44g; Total carbohydrate 14g; Dietary fiber 1g, Sodium 316mg

This recipe can be used with chicken, veal or pork.