

Lemony Veal Piccata

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Servings: 8

*2 pounds veal scallops
flour
salt
fresh ground pepper
3 tablespoons olive oil
2 large cloves garlic,
minced
1/2 cup chicken stock
2 pounds mushrooms,
sliced and sautee'd
4 tablespoons butter
2 small lemons (all white
removed), seeded and
diced
4 tablespoons fresh parsley
fresh parsley (for garnish)*

Preheat the oven to 325 degrees.

Dredge the veal in flour. Season lightly with salt and pepper. Saute' in oil until lightly browned. Place in a 9x13-inch casserole dish.

Pour off any oil left in the pan. Add the garlic and saute' briefly. Add some wine and the stock. Bring to a boil. Stir in the lemons. Return to a boil. Swirl in the butter and parsley. Continue cooking until the sauce thickens and turns creamy. Add the sautee'd mushrooms.

Dip the veal in the sauce to coat and return to the casserole dish. Spoon the remaining sauce over the veal.

Bake for 45 minutes (until hot).

Serve on plates garnished with parsley.

(Great with fettuccine alfredo.)

Per Serving (excluding unknown items): 126 Calories; 11g Fat (76.1% calories from fat); 2g Protein; 6g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 198mg Sodium. Exchanges: 1 Vegetable; 2 Fat.