

Veal Cutlet Parmesan

Julie Gawle

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Servings: 4

1 pound veal cutlet
1/2 cup olive oil
1/2 cup grated Parmesan cheese
1/2 cup mozzarella cheese
1 cup dried bread crumbs
2 eggs, beaten
1 can tomato sauce
1 teaspoon salt
dash pepper

In a bowl, mix the Parmesan cheese and bread crumbs.

Place the beaten eggs into a shallow bowl. Dip the cutlets in the beaten eggs. Season with salt and pepper. Then dredge through the Parmesan cheese mixture.

In a skillet, fry the cutlets in olive oil for 8 to 10 minutes until brown.

Place the cutlets in a casserole dish. Spread the tomato sauce and mozzarella cheese over them.

Bake in the oven at 350 degrees for 10 to 15 minutes.

Per Serving (excluding unknown items): 548 Calories; 44g Fat (71.9% calories from fat); 33g Protein; 5g Carbohydrate; 1g Dietary Fiber; 220mg Cholesterol; 1277mg Sodium. Exchanges: 4 1/2 Lean Meat; 1/2 Vegetable; 6 1/2 Fat.