
Veal Cutlets Scallopini

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 4

4 veal cutlets

salt

pepper

flour

1/4 cup cooking oil

1/2 medium onion, thinly sliced

1 can (16 ounce) tomatoes

1 can (3 ounce) sliced mushrooms

1 tablespoon chopped parsley

1 tablespoon capers

1/4 teaspoon garlic salt

1/4 teaspoon crushed leaf oregano

cooked noodles, buttered

Dust the cutlets with salt, pepper and flour. In a medium skillet, brown the meat slowly in oil. Remove the meat from the skillet.

In the same skillet, cook the onion until tender. Add the meat, tomatoes, mushrooms, parsley, capers, garlic salt and oregano. Cover and simmer for 20 to 25 minutes, stirring occasionally.

Arrange the veal on hot buttered noodles and top with the sauce.

(This dish can be made ahead. Place in a casserole and heat at 350 degrees until bubbly.)

Beef

Per Serving (excluding unknown items): 464 Calories; 29g Fat (57.6% calories from fat); 45g Protein; 4g Carbohydrate; 1g Dietary Fiber; 186mg Cholesterol; 338mg Sodium. Exchanges: 6 Lean Meat; 1/2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.