

Vegetable Cutlets

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

Yield: 12 to 14 cutlets

*3 tablespoons butter or
margarine
1/4 cup chopped green
pepper
1 cup chopped onion
1/2 cup chopped celery
1 1/2 cups grated raw carrot
sour cream
1 package (10 ounce)
washed spinach, chopped
3 eggs, beaten
1 1/2 teaspoons salt
1/8 teaspoon pepper
3/4 cup bread or cracker
crumbs
oil (for frying)*

In a large saucepan, saute' the green pepper, onion, celery and carrot in margarine for about 10 minutes, stirring occasionally.

Cook the spinach according to package directions. Drain.

In a bowl, combine the green pepper, onion, celery, carrots and spinach. Add the eggs, salt, pepper and bread crumbs. Moisten with a little sour cream, if needed.

Refrigerate the mixture for 15 minutes.

In a large skillet with 1/8 inch of hot oil, drop the mixture by heaping spoonful. Flatten with the back of a spoon. Brown well on both sides. drain on paper towels.

Per Serving (excluding unknown items): 608 Calories; 50g Fat (72.9% calories from fat); 22g Protein; 20g Carbohydrate; 5 Dietary Fiber; 729mg Cholesterol; 3817mg Sodium. Exchanges: Grain(Starch); 2 1/2 Lean Meat; 8 Fat.