

# Lemon Mustard Turkey Cutlets

*Evelyn Cottrell*

*The Pennsylvania State Grange Cookbook (1992)*

## **Servings: 4**

*1 pound turkey breast cutlets*

*1/4 cup flour*

*1/4 teaspoon salt*

*1/4 teaspoon pepper*

*1 1/2 tablespoons butter*

*1/2 cup whipping cream*

*2 tablespoons onion, finely chopped*

*2 teaspoons mustard*

*2 teaspoons lemon juice*

In a flat bowl, mix the flour, salt and pepper.

Coat the cutlets with the mixture. Shake off the excess. In a nonstick skillet over medium heat, melt the butter. Add the turkey. Cook for 2 minutes on each side or until the turkey tests done. Remove to a warm serving plate.

Pour the whipping cream into the skillet. Bring to a boil over medium-high heat, stirring to deglaze the skillet. Add the onion, mustard and lemon juice. Cook for 2 minutes or until slightly thickened.

Spoon over the turkey.

Serve immediately.

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Per Serving (excluding unknown items): 287 Calories; 17g Fat (53.2% calories from fat); 26g Protein; 8g Carbohydrate; trace Dietary Fiber; 116mg Cholesterol; 447mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.