

Country Turkey (or Chicken Breast) Parmigiana with Zucchini Saute

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These two recipes go together for a perfect meal!

Ingredients

1 egg, lightly beaten
 3 Tb milk
 1 lb turkey (or chicken) breast slices
 1/3 cup seasoned breadcrumbs
 1/3 cup Parmesan cheese
 1 tomato, chopped
 1 tsp oregano leaves
 ½ tsp salt
 ¼ tsp black pepper
 1 cup shredded mozzarella cheese
 2 tsp chopped parsley (optional)



Directions

In pie plate or wide shallow bowl mix egg and milk. Dip meat slices into egg mixture, then coat both sides with combined breadcrumbs and Parmesan cheese. Place slices in single layer on greased baking sheet. Bake at 450 degrees 8 to 10 minutes or until golden. Chop tomato (save as much juice as possible, it tenderizes the meat) and season with black pepper and crushed oregano leaves; mix thoroughly. When meat is removed from the oven, reduce temperature to 300 degrees. Arrange meat slices on an ovenproof platter and top with tomato mixture, mozzarella cheese and chopped parsley. Return to oven until cheese melts (approximately 30 minutes). Makes 4 servings.

Zucchini Sauté

Ingredients

1 medium-size zucchini
 2 Tb olive oil
 1 tsp minced garlic
 1 tsp dried basil leaves
 Lemon pepper

Directions

Cut zucchini into 4 or 5 pieces (about 1 ½ to 2 inches long), then cut each piece length-wise into eighths. Sauté garlic in olive oil until slightly browned. Add zucchini and stir to coat with garlic-flavored oil. Add crushed basil leaves and stir. Top with lemon pepper and sauté until desired doneness. Serves 2. If more servings are needed, simply increase ingredients. Leftovers are good either cold or warmed and may also be added to a mixed salad.