

## **Breaded Veal Cutlets**

6 veal cutlets

3/8 cup lowfat (1%) milk

3/4 cup wheat bran, seasoned to taste (with 1 tsp. each garlic powder, basil, lemon pepper seasoning, seasoned salt, or any combination of seasonings)

Vegetable cooking spray

3/8 cup dry white wine

Place each veal cutlet between two sheets of wax paper and pound to 1/8 " thickness. Dip veal in milk, then in the seasoned bran. Coat heavy skillet with vegetable cooking spray and heat to medium high. Place veal in pan, add wine, and cook 1-2 minutes per side, until golden brown. Makes 6 servings.

Nutrition information per serving: calories 243; protein 36 grams; fat 8 grams; sodium 159 mg