

## TURKEY SCHNITZEL

By Dorothy Zehnder

1 pound thinly sliced (about 1/4-inch thick) turkey cutlets  
2 egg whites  
1 tablespoon water  
2/3 cup seasoned breadcrumbs  
1/2 cup Parmesan or Romano cheese, freshly grated  
1/4 teaspoon garlic salt  
3 tablespoons snipped parsley  
6 tablespoons olive oil, divided  
Mixed greens and radicchio  
Lemon slices (optional)

### Caramelized Onions:

2 large onions (one pound), cut into thick slices  
2 tablespoons olive oil  
2 tablespoons red wine vinegar  
1 tablespoon brown sugar

In medium bowl, beat the egg whites with water. On a plate, mix the breadcrumbs with the cheese, garlic salt and parsley. Dip each turkey cutlet in the egg white mixture, then coat both sides with the breadcrumbs. Place cutlets on a large platter and refrigerate about 30 minutes. In a large skillet, heat 3 Tablespoons of the oil over high heat until very hot. Add half of the cutlets and cook turning once until golden brown and cooked through, 1 to 2 minutes on each side. Transfer to paper towels to drain. Wipe out the skillet and cook the remaining cutlets in the 3 Tablespoons oil. Set aside and keep warm.

Prepare caramelized onions. Cut onion into thick slices. In 10-inch skillet over medium heat in hot oil cook onion until tender. Stir in vinegar and brown sugar; cook until golden.

Serve turkey schnitzel on bed of assorted greens and radicchio and top with caramelized onions. Garnish with lemon twists.

Makes 4 servings.

*\*\*\*Note from Dorothy – This is a fantastic main dish meal that my family loves. It is hearty and very simple to prepare. I often make it a family affair and have my grandchildren do the coating of the cutlets. They love being a part of the process and I enjoy their smiles.*