



**TURKEY SCALOPPINE WITH**  
BELL PEPPER MEDLEY

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**Prep time:** 10 Minutes

**Cook time:** 10 Minutes

**Servings:** 4 People

## INGREDIENTS:

**2 cups** red, orange, or yellow Bell Pepper

**1/4 cup** all-purpose flour

**1/2 tsp.** freshly ground pepper

**1 lb.** turkey cutlets

**2 tsp.** canola oil

**1** clove garlic

**1** medium onion

**1/2 cup** chicken broth

Sea Salt to taste

## CHEF'S TIP:

Turkey can be substituted for chicken or any white fish; just ensure to cook the meat accordingly.

## DIRECTIONS:

Dice Bell Pepper, garlic, and onion.

Combine flour and Bell Pepper in a shallow dish. Dredge turkey lightly in the flour mixture.

Heat oil in a nonstick skillet over medium-high heat. Cook turkey until the outside is slightly browned and the inside is no longer pink, approximately 2 minutes per side. Remove turkey from skillet and keep warm.

Add garlic, onions and Bell Pepper to a skillet; sauté for 1 minute. Add broth and return turkey to the skillet. Stir continuously until skillet is brought to a boil.

Plate turkey and spoon additional sauce on top.