

Turkey SCALOPPINE WITH BELL PEPPER MEDLEY

This lean dish will take your recipe collection to the next level. Full of juices & vitamins, this recipe will provide a variety of flavors that will leave you feeling enriched and satisfied.



Nutrition Facts	
Serving Size (181g) Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 90
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 170mg	7%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 19g	
Vitamin A 35%	Vitamin C 110%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



Prep time: 15 minutes
Cook time: 30 minutes
Serves: 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.

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