



Turkey Cutlets with Mushroom and Water Chestnut Stuffing and Pan Gravy

READY IN



30 min.

SERVINGS



6

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter divided softened
- ☐ 1 pound button mushrooms chopped
- ☐ 2 ribs celery with leafy green tops chopped
- ☐ 2 tablespoons flat parsley chopped
- ☐ 2 tablespoons flour
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 4 tablespoons olive oil extra-virgin divided
- ☐ 3 teaspoons poultry seasoning divided

- ☐ 0.5 bell pepper red seeded chopped
- ☐ 6 slices marble rye bread
- ☐ 6 servings salt and pepper
- ☐ 3 scallions chopped
- ☐ 2.5 pounds turkey breast cutlets
- ☐ 1 quart turkey broth or (recommended: College Inn brand) (recommended: Kitchen Basics in a re-sealable paper box)
- ☐ 1 cup water chestnuts drained chopped

Equipment

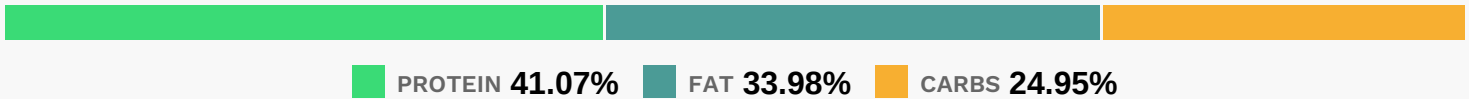
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler
- ☐ ice cream scoop

Directions

- ☐ Turn the broiler to high and toast the bread on both sides. Butter the toasted bread liberally with softened butter. Switch oven to bake and preheat to 375 degrees F.
- ☐ Season the turkey cutlets with salt, pepper and 2 teaspoons poultry seasoning just eyeball it. In a large skillet, brown turkey cutlets on each side over medium-high heat in 2 tablespoons extra-virgin olive oil.
- ☐ Transfer the cutlets to a shallow baking dish and add 1 cup broth to keep meat moist.
- ☐ Transfer cutlets to oven, loosely tented with foil, to continue cooking through. To skillet that you browned the cutlets in, add 2 tablespoons butter and melt it over medium heat.
- ☐ Add flour to butter and cook a minute or two more.
- ☐ Whisk in about 2 cups turkey broth or chicken stock and allow it to thicken up, 5 minutes. Season the gravy with salt and pepper and poultry seasoning, to your taste.

- ☐ Preheat a second skillet, over medium high heat and 2 tablespoons of extra-virgin olive oil, 2 turns of the pan.
- ☐ Add chopped mushrooms and brown 5 minutes, stirring frequently. Season mushrooms with salt and pepper.
- ☐ Add celery, water chestnuts and bell pepper as you get them chopped. Continue to cook until veggies are all tender, another 5 minutes.
- ☐ Add scallions and herbs.
- ☐ Cut bread into cubes and add. Moisten stuffing with 1 cup broth or stock.
- ☐ Transfer to a serving dish. Use an ice cream scoop to portion out the stuffing at the table. Top mounds of stuffing with turkey cutlets and gravy, serve with sugar snap peas and brown rice or other vegetable side dishes of your choice.

Nutrition Facts



Properties

Glycemic Index:58.39, Glycemic Load:9.39, Inflammation Score:-10, Nutrition Score:18.682608759922%

Flavonoids

Apigenin: 2.94mg, Apigenin: 2.94mg, Apigenin: 2.94mg, Apigenin: 2.94mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 556.88kcal (27.84%), Fat: 21.18g (32.59%), Saturated Fat: 6.9g (43.1%), Carbohydrates: 34.99g (11.66%), Net Carbohydrates: 30g (10.91%), Sugar: 7.28g (8.09%), Cholesterol: 142.92mg (47.64%), Sodium: 770.46mg (33.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.61g (115.23%), Vitamin K: 49.92µg (47.54%), Vitamin B2: 0.6mg (35.45%), Vitamin B3: 7.02mg (35.1%), Selenium: 21.86µg (31.24%), Vitamin C: 22.31mg (27.04%), Manganese: 0.51mg (25.47%), Copper: 0.48mg (23.89%), Fiber: 5g (19.99%), Iron: 3.58mg (19.88%), Vitamin B1: 0.3mg (19.7%), Folate: 77.16µg (19.29%), Vitamin B6: 0.35mg (17.45%), Phosphorus: 173.73mg (17.37%), Vitamin A: 863.81IU (17.28%), Potassium: 599.98mg (17.14%), Vitamin E: 2.23mg (14.86%), Vitamin B5: 1.43mg (14.28%), Magnesium: 38.73mg (9.68%), Zinc: 1.36mg (9.09%), Calcium: 61.76mg (6.18%), Vitamin D: 0.15µg (1.01%)