



Veal Chops with Asparagus and Morels

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons all purpose flour
- ☐ 16 asparagus spears thick trimmed
- ☐ 2 bay leaves
- ☐ 2 tablespoons chives fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 1 cup low-salt chicken broth
- ☐ 12 ounces morel mushrooms fresh rinsed halved lengthwise
- ☐ 5 tablespoons vegetable oil; peanut oil preferred divided

- ☐ 6 sage leaves plus sage leaves fresh whole sliced
- ☐ 4 shallots minced peeled halved lengthwise
- ☐ 6 thyme sprigs fresh
- ☐ 32 ounce veal rib chops (each)

Equipment

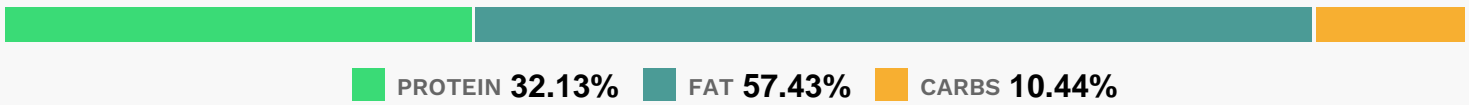
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ ziploc bags

Directions

- ☐ Cook asparagus in large saucepan of boiling salted water until crisp-tender, about 2 minutes.
- ☐ Drain.
- ☐ Transfer asparagus to bowl of ice water.
- ☐ Drain well. DO AHEAD: Can be made 1 day ahead. Wrap asparagus in paper towels; place in resealable plastic bag and chill.
- ☐ Preheat oven to 425°F.
- ☐ Heat 2tablespoons peanut oil in heavy large ovenproof skillet or wide pot with lid over medium-high heat.
- ☐ Add morels and saut° until tender and browned, about 8 minutes. Season to taste with salt and pepper.
- ☐ Transfer morels to bowl (do notclean skillet).
- ☐ Heat 1 tablespoon peanut oil in same skillet over high heat.
- ☐ Sprinkle veal chops with flour, salt, and pepper.
- ☐ Add veal chops to skillet; cook until browned, about 2 minutes per side.

- ☐ Transfer to plate.
- ☐ Add remaining 1 tablespoon peanut oil to same skillet; add shallot halves, 6 whole sage leaves, thyme sprigs, and bay leaves to skillet and saut until shallots are softened, about 6 minutes. Return veal chops to skillet; cover and roast in oven until tender, about 12 minutes.
- ☐ Transfer chops and shallot mixture to plate.
- ☐ Add remaining peanut oil to skillet; add 1/3 cup minced shallots, sliced sage leaves, and garlic and sauté 3 minutes.
- ☐ Add asparagus, morels, and broth; simmer until asparagus is tender, about 5 minutes. Return veal chops to skillet, cover, and cook just until heated through and liquid is slightly reduced, about 3 minutes.
- ☐ Transfer veal chops, morel–asparagus mixture, and pan juices to plates.
- ☐ Sprinkle with chopped chives and serve.
- ☐ A lighter–style Pinot Noir would be great with the veal chops. We like the earthy, dark berry flavors of the Domaine Jean Grivot 2004 "Les Charmois" Nuits–St.–Georges (\$47).

Nutrition Facts



Properties

Glycemic Index:72.25, Glycemic Load:4.44, Inflammation Score:-9, Nutrition Score:39.046086933302%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 3.75mg, Isorhamnetin: 3.75mg, Isorhamnetin: 3.75mg, Isorhamnetin: 3.75mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg

Nutrients (% of daily need)

Calories: 611.31kcal (30.57%), Fat: 39.26g (60.41%), Saturated Fat: 11.97g (74.8%), Carbohydrates: 16.06g (5.35%), Net Carbohydrates: 11.1g (4.04%), Sugar: 3.83g (4.25%), Cholesterol: 179.17mg (59.72%), Sodium: 233.4mg (10.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.43g (98.85%), Vitamin B3: 22.91mg (114.56%), Iron: 14.35mg (79.74%), Vitamin B6: 1.52mg (75.75%), Phosphorus: 693.48mg (69.35%), Copper: 1.13mg (56.38%), Vitamin B2: 0.86mg (50.74%), Zinc: 7.59mg (50.63%), Vitamin B12: 2.58µg (42.94%), Manganese: 0.85mg (42.59%), Vitamin K: 42.68µg (40.65%), Potassium: 1332.67mg (38.08%), Vitamin B5: 3.62mg (36.16%), Selenium: 24.63µg (35.19%),

Vitamin D: 4.34µg (28.92%), Vitamin E: 4.08mg (27.19%), Vitamin B1: 0.36mg (24.1%), Folate: 88.21µg (22.05%),
Magnesium: 87.89mg (21.97%), Fiber: 4.95g (19.82%), Vitamin A: 624.76IU (12.5%), Vitamin C: 9.82mg (11.9%),
Calcium: 114.09mg (11.41%)