

Veal Italian Style *(or try with chicken)*

Ingredients

- 100 grams veal cutlet
- 1 serving Melba toast crumbs
- 1 serving **Marinara Sauce** (recipe on our website)
- 1 tablespoon onion, finely minced
- 1 clove garlic, crushed and minced
- 1/8 teaspoon dried oregano
- 1/4 teaspoon dried basil
- Sea salt and pepper to taste
- Pinch of marjoram

Directions

1. Mix Melba toast crumbs with dry spices.
2. Dip cutlet in water or lemon juice and coat with crushed Melba spice mixture.
3. Fry on high heat without oil.
4. Top with marinara sauce and bake in 350 degree oven for 20 minutes.
5. Add a little water to the bottom of the pan if necessary.
6. Garnish with fresh basil, parsley, leftover Melba spice mixture, and salt and pepper to taste.

Makes 1 serving (1 protein, 1 fruit or vegetable, 1 Melba toast)

21 grams protein

7 grams fat

235 calories

PHASE 3 MODIFICATIONS

Top with provolone or mozzarella cheese and baste with olive oil. Enjoy with freshly grated parmesan or sautéed mushrooms.

