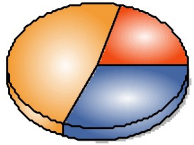




Chicken Schnitzel with Red Cabbage and Spaetzle

Recipe grams: 1692.55g/59.7oz

Serves 4 423.14g/14.9oz per serving



Protein: 44%
Carbohydrates: 43%
Fat: 13%

INGREDIENTS

2 breast CHICKEN BREAST, BONELESS, RAW, MEAT ONLY
 1/4 tsp SALT, TABLE
 1/4 tsp PEPPER, BLACK, GROUND
 2 tbsp WHEAT FLOUR, WHITE, ALL PURPOSE, enriched, bleached
 2 tbsp MUSTARD, PREPARED, DIJON
 1/4 cup EGG SUBSTITUTE, LIQUID
 1/2 cup BREAD CRUMBS, PLAIN
 2 tbsp PARMESAN & ROMANO CHEESE, GRATED
 1 tbsp PARSLEY, RAW
 1/4 tsp GARLIC POWDER
 1 head RED CABBAGE, RAW, 1 small head (4" dia)
 1 oz PROSCIUTTO, Riserva Stradolce
 1 tsp BROWN SUGAR BLEND, SPLENDA, Splenda and brown sugar
 2 cup APPLE W/SKIN, RAW, quartered or chopped
 1 small ONION, RAW
 4 tbsp APPLE CIDER VINEGAR, Organic; kosher
 1 dash SALT, TABLE
 1/4 cup WATER, MUNICIPAL

DIRECTIONS

Preheat oven to 350 deg. Pound chicken breasts to 1/2 in thickness. Sprinkle salt and pepper over chicken. Combine flour and egg substitute in a shallow bowl. Combine breadcrumbs, cheese, parsley, paprika and garlic powder in a shallow bowl. Dredge chicken in flour, followed by coating with egg, followed by the breadcrumb mixture. Brown lightly in an ovenproof skillet on one side. Turn over and place in the oven for about 10-15 minutes.

Red Cabbage

Gently heat ham in a small amount of olive oil. Do not allow to get too hot, only to lightly brown and release flavors. Add sugar and allow the fat in the ham to meld with the sugar. Do not allow the mixture to get too hot or it will caramelize and harden. Add apple and onion and heat gently until the onion releases moisture and softens, about 3 minutes. Add cabbage and coat with the mixture. Add vinegar, heat gently and stir. Add half of water, pinch of salt, cover and allow to braise until satisfactorily tender. Add more water as needed in small portions. A small portion of apple juice concentrate at this point is a nice touch.

Spaetzle: This is a European pasta with high egg content. It is available in the imported section of many groceries or at an import food store.

| Nutrition Facts | |
|----------------------------------------------------------|----------------------|
| Serving Size: 1 serving (423.1g) | |
| Servings: 1 | |
| Amount Per Serving | |
| Calories 340 | Calories from Fat 45 |
| % Daily Value* | |
| Total Fat 5g | 8% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 75mg | 25% |
| Sodium 870mg | 35% |
| Total Carbohydrate 37g | 10% |
| Dietary Fiber 5g | 20% |
| Sugars 15g | |
| Protein 37g | |
| Vitamin A 35% | • Vitamin C 150% |
| Calcium 15% | • Iron 20% |
| *Percent Daily Values are based on a 2,000 calorie diet. | |