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Turkey Piccata

Created by the Almond Board of California

Makes 6 servings

What you need:

- 1 lb. turkey breast slices
- 1 egg
- ¼ cup (50 mL) milk
- 1/3 cup (75 mL) diced roasted almonds, ground
- 2/3 cup (150 mL) seasoned bread crumbs
- ¼ cup (50 mL) almond oil
- ½ cup (125 mL) condensed chicken broth
- ¼ cup (50 mL) almond oil
- ½ cup (125 mL) condensed chicken broth
- ¼ cup (50 mL) lemon juice
- 1 tbsp. (15 mL) capers
- 1 tbsp. (15 mL) Dijon mustard
- 1 tbsp. (15 mL) cornstarch
- ½ tsp. (2 mL) tarragon, crumbled



Photo courtesy of Almond Board of California

How you prepare:

Pound turkey between sheets of waxed paper until very thin. Beat egg and milk together. Combine almonds and crumbs in a flat dish. Dip turkey into egg mixture and then into almond mixture to coat. Sauté over medium high heat in almond oil until golden brown on each side; transfer to warm plate. Add chicken broth, lemon juice, capers, Dijon mustard, cornstarch and tarragon to skillet. Cook, stirring constantly until thickened. Spoon over turkey to serve.

Nutritional Analysis: per serving.

Calories: 339	Fibre: 4 g
Fat: 18 g	Cholesterol: 81mg
Sat Fat: 2.3 g	Sodium: 481 mg
Mono Fat: 11.2 g	Calcium: 156 mg
Poly Fat: 3.2 g	Magnesium: 143mg
Protein: 27 g	Potassium: 836 mg
Carb: 17 g	Vitamin E: 5.1 mg*

* total alpha-tocopherol equivalents

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Recipe used with permission from the Almond Board of California. Visit www.almondboard.com for more great recipes.

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