

Blue is Better Recipe (Serves 4) Peppered Pork Cutlets with Gravy

Ingredients

- 1/2 tsp. paprika
- 1/2 tsp ground cumin
- 1/4 tsp. black pepper
- 4 4-oz. boneless cutlets, trimmed of fat
- 2 c. thinly sliced onion
- 2 Tbsp. flour, divided
- 1 1/2 tsp. low-sodium chicken bouillon granules
- 3/4 c. warm water
- 3 Tbsp. skim milk

Preparation Instructions

1. Combine spices. Sprinkle mix over cutlets; press to form spice crust.
2. Spray skillet with nonstick cooking spray & place over medium heat. Add pork, spice crust side down; cook 3-4 minutes. Remove from skillet & set aside, spice crust side up.
3. Increase heat to medium-high & coat skillet again with cooking spray. Add onion, stir & cook 4 minutes. Sprinkle with 1 1/2 Tbsp. flour; stir to coat. Dissolve bouillon in water; stir mixture into onions. Bring to a simmer, stir & cook 2 minutes. Add pork cutlets. Stir & cover. Simmer 20 minutes or until heated through.
4. Place pork on platter; mix milk & remaining 1/2 Tbsp. flour in small bowl, then pour mixture into pan; cook 1-2 minutes. Serve with onion gravy.

NUTRITION FACTS

Serving Size

1 cutlet

Amount Per Serving:

Calories	216
Calories from Fat.....	63
Total Fat	7 g
Saturated Fat.....	2 g
Cholesterol	72 mg
Sodium	56 mg
Carbohydrate	12 g
Dietary Fiber.....	2 g
Protein	25 g

