

Veal Piccata

Makes 4 Servings

1 ½ cups quick-cooking white rice
2 tablespoons all-purpose flour
¾ teaspoon salt
¼ teaspoon coarsely ground black pepper
1 pound veal scaloppini
2 tablespoons butter
⅓ cup fresh lemon juice
⅓ cup dry white wine
1 tablespoon capers, drained

1. Cook the rice according to package directions omitting the salt, if desired.
2. Meanwhile, combine the flour, ¼ teaspoon of the salt, and ⅛ teaspoon of the pepper in a shallow bowl. Dip the veal in the flour mixture to coat.
3. Melt 1 tablespoon of the butter in a large nonstick skillet over medium-high heat. Add the veal and cook until browned, 2-3 minutes on each side. Reduce the heat to medium and add the lemon juice, wine, and capers. Cook 1 minute, turning the cutlets once to coat with the wine mixture. Remove the skillet from the heat and transfer the veal to a plate.
4. Add the remaining 1 tablespoon butter, ½ teaspoon salt, and ⅛ teaspoon pepper to the skillet, swirling until the butter melts. Serve the veal and sauce over the rice.

Per Serving (1/4 of scalloppine with 2 tablespoons sauce and ½ cup rice): 338 Calories, 8 g Fat, 4 g Saturated Fat, 1 g Trans Fat, 105 mg Cholesterol, 648 mg Sodium, 36 g Carbohydrates, 1 g Fiber, 28 g Protein, 12 mg Calcium. Points per serving: 7.

Source: Weight Watchers® Stir It Up Super Skillet Cookbook, published 2006, pg. 46