

New England Steak Milanese

By Lisa Peterson, MS, RD, CDN

Servings: 6 (1 Steak, 1/3 Cup Sauce Per Serving)

Prep Time: 15

Cook Time: 10

This Italian-inspired dish is quick to prepare and great for reheating later.

Ingredients

½ cup seasoned, dry bread crumbs
2 tablespoons grated Parmesan cheese
2 eggs
6 4-ounce cube steaks
Pepper to taste
2 tablespoons canola oil
2 cups hot prepared marinara sauce

Directions

1. In a shallow bowl, combine the bread crumbs and the cheese; set aside. In another shallow bowl, beat the eggs with 1 tablespoon of water.
2. Lightly season the steaks with pepper (may not be necessary depending on tastes and seasoned bread crumbs used). Heat the oil in a large nonstick pan.
3. Dip the steaks into the eggs and then into the bread crumb mixture, dredging through the crumbs well.
4. Fry in hot oil over medium heat for about 4 minutes on each side or until cooked through. Serve hot with ½ cup marinara sauce poured over each steak.

Cooking Tip

There are many kinds of sauce you can use — marinara, spaghetti or pasta sauce. Just choose your favorite kind and flavor, or make your own.

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Nutrition Facts	
Serving Size: 1 Steak, 1/3 Cup Sauce	
Amount per serving	
Calories 470	
	% Daily Value*
Total Fat	34g
	Saturated Fat 12g
Cholesterol	150mg
Sodium	730mg
Total Carbohydrate	16g
	Dietary Fiber 2g
Protein	24g
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	