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 ⅓ 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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