Chicken Fried Steak ala Memorial
Serving Size: 1 – 4 oz steak
Serves: 8

Ingredients:
8 – 4oz lean round steaks
½ cup skim milk
1 egg
1 clove garlic, minced
1 cup flour
¼ cup yellow cornmeal
1 pinch salt and pepper
2 tablespoons extra light olive oil

Directions
Preheat the oven to 325 degrees.
Tenderize the round steak with a meat mallet. Combine the milk, egg and garlic. Combine the flour, cornmeal, salt and pepper. Dip the steaks in the egg wash and then into the flour mixture to form a thin coating.

Heat the olive oil in a heavy skillet. Saute the steaks just until the outside is browned. Put them into a single layer in a shallow pan and bake just until done, approximately 15 minutes in the preheated oven.

Exchanges per serving:
4 Lean Meats, 1 Starch

Nutrients per serving:
Calories: 274
Calories from fat: 97
Total Fat: 11g
Saturated Fat: 3g
Cholesterol: 90mg
Sodium: 89mg
Carbohydrate: 16g
Dietary Fiber: 1g
Protein: 27g