

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