

Veal Scaloppini with Mock Marsalis Sauce

*Servings per recipe: 1
Each serving counts as 1 protein, 1 Tbsp milk
Each serving has 145 calories*

This simply prepared take on a popular veal entrée will delight your taste buds with its heavenly sauce.

Ingredients

- 100 grams veal scaloppini, pounded thin
- sea salt and pepper to taste
- 1/2 cup hCG Diet approved Basic Beef Broth (see recipe on website)
- 1 Tablespoon milk
- 5 drops Vanilla flavor drops
- 3 drops Stevia Lemon Drop flavor drops
- 1 teaspoon chopped fresh parsley

Directions

1. Heat a non-stick skillet over medium-high heat. Season the veal with salt and pepper and cook quickly without browning, about 1 minute per side. Transfer to a plate.
2. Add the remaining ingredients except the parsley to the skillet and bring to a simmer. Return the veal with its juices to the pan and cook at a simmer, occasionally turning the scaloppini over to absorb the sauce, until no longer pink, 2 to 3 minutes.
3. Transfer the veal with the sauce to a clean plate, sprinkle with the parsley, and serve immediately.



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