
Turkey Cutlets Stuffed with Apples

- Estimated preparation time:20 minutes
- Estimated cooking time:.....45 minutes

Ingredients:

- 2apples, cored and diced
- 1/2cup orange juice
- 1/4cup cranberry sauce
- 2.....tablespoons orange marmalade
- 2.....pounds 1/2-inch thick turkey cutlets
- 1egg, beaten
- 1cup crushed corn flakes

Directions:

- Preheat oven to 350°F.
- Combine apples, orange juice, cranberry sauce and marmalade in a saucepan over medium heat. Cook until apple softens but retains its shape. Remove from heat; set aside.
- Lay each cutlet on clean, flat surface. Placing one hand on cutlet to keep flat. carefully cut lengthwise along the side to form a pocket; do not cut all the way through.
- Spoon filling into pocket of each cutlet and secure with toothpicks; do not overstuff. Dip cutlets into beaten egg, then dredge in crushed corn flakes.
- Place in a baking dish; cover with any remaining apple mixture. Bake for 25 to 35 minutes until internal temperature of cutlets reaches 165°F. Serve warm.

Cooking Tips:

Watch temperature carefully as turkey dries out easily when overcooked.

- Serves.....6
- Calories310
- Calories from fat.....20
- Carbs.....30 grams
- Cholesterol145 mg
- Sodium.....250 mg
- Sugar16 grams

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