



Veal Cutlets and Roasted Squash

Ingredients

Veal cutlets 4
Oregano, salt, and pepper 1 pinch
Olive oil 2 tbsp
Lemon juice 2 tbsp
Pre-cut butternut squash cubes 1 container
Thyme, finely chopped 1 branch
Parmesan cheese, grated 2 tbsp
Salt and pepper 1 pinch
Olive oil 2 tbsp

Directions

1. Preheat oven to 400 degrees.
2. Place squash on baking sheet and drizzle with olive oil, parmesan, salt, pepper and thyme. Mix well
3. Roast in oven for 30 minutes, stirring halfway through. Squash is ready when there's a golden crust and it's tender inside.
4. Sprinkle salt, pepper, and oregano over veal cutlets, and drizzle with 1 tablespoon olive oil.
5. In nonstick skillet over medium heat, cook cutlets for 2-4 minutes on both sides.
6. In a bowl, mix lemon juice and 1 tablespoon olive oil. Drizzle over cooked veal.

Nutrition Facts

Serving size: 2 cutlets
Recipe yields 2 servings
Calories 526
Fat 33 g
Carbs 25 g
Protein 36 g