

Veal Piccata
By Nina Lynn



Ingredients:

- 4 organic veal cutlets
- 2 tbs. coconut oil
- 1/2 cup organic chicken broth
- 2 tbs. organic lemon juice
- 2 tbs. organic capers
- 2 tbs. chopped organic parsley

Instructions:

Sauté the veal in the coconut oil over medium high heat for 2 to 3 minutes on each side, or until done to your taste. Remove from the pan and keep warm. Add chicken broth and cook until it is reduced by half. Add the lemon juice and capers. Pour the sauce over the veal, garnish with parsley and serve.

Grass fed organic veal is a healthy source of protein. It also contains higher levels of vitamins A, B12 and E , omega 3 fatty acids and CLA while at the same time it is lower in saturated fats than commercially raised veal.