

TURKEY MEDALLIONS WITH TOMATO SALAD

Preparation: 30 mins. | Cooking: 15 mins. | Servings: 6

INGREDIENTS

Tomato salad:

3 medium tomatoes
1 medium green pepper,
coarsely chopped
1 celery rib, coarsely
chopped
1/4 cup chopped red
onion
2 tbsp. olive oil
1 tbsp. red wine vinegar
1 tbsp. thinly sliced basil
1/4 tsp. dried oregano
1/4 tsp. salt

Turkey:

1 package (20 ounces)
turkey breast tenderloins
1 large egg
1 cup panko bread
crumbs
1/2 cup grated
parmesan
1/2 cup finely chopped
walnuts
3 tbsp. olive oil
2 tbsp. lemon juice
1 tsp. lemon-pepper
1/4 tsp. salt
1/4 tsp. pepper
Additional fresh basil



INSTRUCTIONS

Whisk together olive oil, red wine vinegar, sugar, dried oregano and salt. Stir in green pepper, celery, onion and basil. Cut tomatoes into wedges; cut wedges in half. Stir into pepper mixture. In a shallow bowl, whisk together egg and lemon juice. In another shallow bowl, toss bread crumbs with cheese, walnuts and lemon pepper. Cut tenderloins crosswise into 1-inch slices; flatten slices with a meat mallet to 1/2-inch thickness. Sprinkle with salt and pepper. Dip in egg mixture, then in crumb mixture, patting to adhere. In a large skillet, heat 1 tablespoon oil over medium-high heat. Add a third of the turkey; cook until golden brown, 2-3 minutes per side. Repeat twice with remaining oil and turkey. Serve with tomato mixture; sprinkle with basil.