

Ginger-Crusted Pork Cutlets with a Cinnamon Orange-Cranberry Chutney and Wilted Arugula

Ginger-Crusted Pork Cutlets

8 3-ounce pork cutlets, cut 1/8-inch thick
1 cup fine ginger cookie crumbs*
1 egg
2 tablespoons milk
1/4 cup all-purpose flour
1/4 cup canola oil

If necessary, using the flat side of a meat mallet, lightly pound pork cutlets to 1/8 inch thickness. Pat pork dry with paper towel. Set pork aside.

Whisk egg and milk together in shallow bowl or pie plate. Place cookie crumbs and flour into separate shallow bowls or pie plates.

Arrange bowls in the order of flour, egg mixture and cookie crumbs. Douse cutlets in flour, shaking off any excess. Then dip the floured cutlets into the egg mixture, allowing extra to drip off. Finally, dip in ginger cookie crumbs, shaking off excess.

Heat 2 tablespoons of the oil over medium-high heat in large skillet. Add half of the cutlets; cook for 1 1/2 to 2 minutes on each side or just until golden and pork is no longer pink in center. Transfer to a platter or plate lined with paper towels. Cook remaining cutlets in remaining 2 tablespoons oil; transfer to the platter or plate.

Serves 8.

* To make cookie crumbs, break cookies and place in food processor container. Cover; process until finely ground.

Cinnamon Orange-Cranberry Chutney

1 1/2 cups fresh OR frozen whole cranberries
1 1/2 cups orange juice
1/4 teaspoon ground cinnamon
3 tablespoons red wine vinegar
1 small shallot, minced
1 clove garlic, minced
1 tablespoons finely chopped fresh chives
5 teaspoons honey
Zest of 1 lime (2 teaspoons)
1/8 teaspoon salt
Pinch freshly ground black pepper

Combine cranberries, orange juice, cinnamon, vinegar, shallot and garlic in non-reactive, medium saucepan. Bring to boil; reduce heat to medium. Simmer about 20 minutes or just until liquid has evaporated.

Remove from heat. Stir in chives, honey, lime zest, salt and pepper.

Serves 8 (about 4 to 5 teaspoons per serving).

Wilted Arugula

2 cups baby arugula

1 1/2 teaspoons extra-virgin olive oil

Place arugula in small bowl; drizzle with oil. Gently toss until evenly coated.

Serves 8.

To Plate:

Place pork cutlets on plates and top with chutney. Garnish with Wilted Arugula.

Menu:

Ease of Preparation: Easy to Moderate

Yield: 8 servings

Prep time: 31 minutes (pork:10 min.; chutney: 18 min.; arugula: 3 min.)

Cook time: 26 minutes (pork: 6 min.; chutney 20 min.)

Nutritional Information per Serving:

Calories: 360

Cholesterol: 100mg

Protein: 28g

Fat: 14g

Sodium: 220mg

Fiber: 2g

Saturated Fat: 3g

Carbohydrates: 29g

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