

Spinach Veal Roll

Hands-on - 30 min. Oven/Exercise - 30 min.

Serves 4

Straight from the pages of my co-authored weight-loss novel, *Water with Lemon*, this is the intriguing Veal Roll that Fowler makes for Karen while he explains one of his eight life-changing habits. Excellent for company or any day. (Fowler doubled this recipe since it freezes well for his Energy Bank!)

Menu

Spinach Veal Roll

Rice

Vegetables

2 cups water
1 cup brown rice (not instant) (part wild rice opt)
1 tsp olive oil

Place water in medium saucepan over medium-high heat. When it comes to a boil, add the rice and oil, stir, cover and turn heat to medium-low. Simmer for 45 minutes.

1 pkg (10 oz) frozen chopped spinach

Place into a bowl and microwave on medium for 3 minutes.

4 pieces (1 lb total) thin-sliced (scaloppini) veal (or 4 turkey breast cutlets)
10 grinds cracked pepper

Place each veal piece on a large sheet of plastic wrap; cover veal with another sheet of plastic wrap. With the smooth side of a meat hammer, pound each piece vigorously to about 1/8" thick. Season with pepper.

Preheat oven to 375 degrees.

2 tsp olive oil
1 small onion, finely chopped
1 tsp chopped garlic
1 tsp basil
1/2 tsp salt-free lemon pepper

Remove spinach from microwave and squeeze out excess liquid. Sauté in a large skillet with onions, garlic and spices.

3/4 cup nonfat cottage cheese
1/2 cup reduced-fat feta cheese

Remove pan from heat, let cool, stir in cheeses.

Spread spinach mixture evenly over veal pieces. Roll meat and mixture into individual meat rolls using the plastic wrap to help lift the meat.

Transfer pieces to 9" x 12" baking dish, cover with foil and bake for 30 minutes.

16 oz bag frozen broccoli, cauliflower and carrots



Place in microwave safe dish, cover and microwave 10 minutes on high. Leave in microwave uncovered to stay warm.

Spend extra 20 minutes going for a walk!!!!

Serve with rice, vegetables and a tossed salad on the side.

Nutrition information for 1 spinach veal roll, 3/4 cup rice and 1 cup vegetables

Calories	440	Fat	10 g	Fiber	8 g	Sodium	665 mg	Total Carbohydrate	46 g
Calories from Fat	20%	Saturated Fat	3 g	Cholesterol	93 mg	Protein	39 g	Sugars	7 g

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