

## *PARMESAN VEAL CHOPS* *with Tomato*

*4 servings*

<b>2 tbsp</b>	<b>all-purpose flour</b>	<b>30 mL</b>
<b>1</b>	<b>egg, lightly beaten</b>	<b>1</b>
<b>½ cup</b>	<b>PASTENE Flavored Bread Crumbs</b>	<b>125 mL</b>
<b>⅓ cup</b>	<b>PASTENE Grated Parmesan Cheese</b>	<b>75 mL</b>
<b>4</b>	<b>veal chops</b>	<b>4</b>
<b>2 tbsp</b>	<b>PASTENE Pure Olive Oil</b>	<b>30 mL</b>
<b>2</b>	<b>onions, sliced</b>	<b>2</b>
<b>1</b>	<b>can (28 fl. oz/796 mL) PASTENE Diced Ready Spiced Tomatoes</b>	<b>1</b>
	<b>salt and pepper</b>	
	<b>fresh parsley, chopped</b>	

- Preheat oven to 300°F (150°C).
- Place flour in a bowl, beaten egg in a second bowl. In a third bowl, combine breadcrumbs and cheese.
- Dip veal chops first in flour, then in egg and finally in breadcrumb-cheese mixture.
- Heat 1 tbsp (15 mL) olive oil in a skillet over medium-high heat. Add veal chops and brown on both sides; remove chops and bake in preheated oven about 10 minutes or until done to taste.
- Meanwhile, heat remaining olive oil in a medium saucepan over medium heat. Add onions and cook about 5 minutes, stirring occasionally. Add tomatoes, season to taste with salt and pepper, and cook uncovered for 7-8 minutes. Serve chops with tomato sauce mixture, garnished with parsley if desired.

## *SPICED PORK* *Kebabs*

*4-6 servings*

<b>2 lbs</b>	<b>cubed boneless pork tenderloin</b>	<b>1 kg</b>
<b>1 cup</b>	<b>PASTENE Flavored Bread Crumbs</b>	<b>250 mL</b>
<b>½ tsp</b>	<b>dry mustard</b>	<b>2 mL</b>
<b>1 tsp</b>	<b>mixed dried herbs of your choice</b>	<b>5 mL</b>
<b>1</b>	<b>egg, beaten</b>	<b>1</b>
<b>8-12</b>	<b>bamboo skewers, soaked in water 10 minutes</b>	<b>8-12</b>
	<b>PASTENE Italian Arborio Rice</b>	
	<b>dash of salt</b>	

- Thread 5 to 6 cubes of pork on each wooden skewer.
- Combine breadcrumbs, dry mustard, herbs, and salt in a bowl.
- In a separate bowl, put beaten egg. Dip skewered pork in breadcrumb mixture, then in beaten egg, and again in breadcrumbs.
- Bake pork kebabs in oven at 350°F (180°C) for about 35 to 40 minutes. Serve with vegetables and rice.

