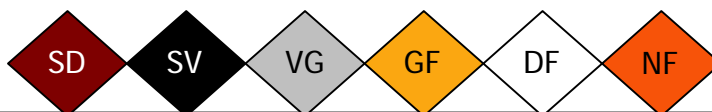


# Healthy Swaps Chicken "Oven-Fried" Steak with Creamy Peppercorn Gravy

(\*see dietary notes)



Recipe by: Chef Kelly Yorke

*This truck stop, diner, and home-style traditional dish is typically made with tougher cuts of steak that have been tenderized, deep or pan-fried and then smothered with a heavy cream sauce or sodium-heavy pan drippings gravy. This tasty version has been Healthy Swapped by forgoing the deep frying, using whole grain flours and cereal instead of refined flour, swapping whole eggs with an egg white & fat free yogurt foam, replacing whole milk with non-fat evaporated milk, using low-sodium broths or liquids in the Gravy, and boosting the seasonings for an added dimension of flavor. You will be surprised by how good 'healthier' can actually taste!*

## Ingredients:

### Steaks

16 oz. Cube Steaks (about 4 oz. each)

1/4 cup Oat Flour, GF Whole Grain

1/2 cup Buckwheat Flour

1 Tbsp. Cracked Peppercorns

1/2 tsp. Ground Thyme

1/2 tsp. Dried Oregano

1/2 tsp. Garlic Powder

1/2 tsp. Onion Powder

1/2 tsp. Salt

1/4 tsp. Cayenne Pepper Powder

1/4 cup Egg whites (about 2 whites)

1/4 cup Evaporated No Fat Milk

1/4 cup Yogurt, Greek, Plain, 0% fat

1/2 tsp. Baking Powder

2 cups Total Cereal Flakes, Whole Grain, crushed into coarse crumbs

Vegetable Cooking Spray

### Peppercorn Gravy

1 Tbsp. Smart Balance Butter Blend Sticks

1/4 – 1/2 tsp. Cracked Black Peppercorns

1/8 tsp. Garlic Powder

1/8 tsp. Ground Thyme

3/4 cup Evaporated Fat Free Milk

1 Tbsp. Mochiko or Sweet Rice Flour (not rice flour)

1/4 cup Water, Low Sodium Chicken Broth, or Vegetable Broth (your choice)

## Directions:

### Steaks

1. Preheat oven to 425° F. Line a sheet pan with foil and spray with vegetable cooking spray (or) use non-stick type foil. Using a meat mallet, pound the steaks between sheets of plastic wrap to a thickness of 1/2 – 1/4 inch thick (optional).
2. Combine oat flour, buckwheat flour, cracked pepper, thyme, oregano, garlic powder, onion powder, salt and cayenne pepper together in a pie pan or large shallow dish.
3. In another large shallow dish or pie pan whisk together the egg whites, evaporated milk, yogurt, and baking powder until mixture is thickened and foamy.

4. In a third large shallow dish or pie pan add the coarse cereal crumbs.
5. Press the steaks (working one at a time) into the flour mixture to dust steaks evenly on both sides. Shake off any excess flour and then use tongs to transfer steak from the flour mixture to the egg white foam, flipping once to coat both sides then transfer the steak to the third dish of cereal crumbs and coat it on both sides.
6. Lay the steak on the prepared sheet pan. Repeat with the remaining steaks (and then discard unused flour, eggs, and crumbs).
7. Spray steaks lightly with vegetable cooking spray and place pan in oven.
8. Bake the steaks for about 20 minutes or until topping is crisped and golden brown and steaks are cooked through.

#### Creamy Peppercorn Gravy

1. Meanwhile, in a small saucepot, melt the Smart Balance Blend. Add the cracked peppercorns, garlic powder and thyme and continue heating until fragrant, about 30 seconds.
2. Stir in 3/4 cup of milk. In a separate small cup or container, whisk together the sweet rice flour with 1/4 cup of cool water, chicken broth or vegetable broth until smooth.
3. Slowly add the mixture to the saucepot. Stir over heat until mixture has come to a boil and thickened. Adjust seasoning with salt (if desired).

#### To Finish

1. Remove steaks from oven and gently slide a pancake turner under each steak to carefully remove them from the pan without ripping the foil underneath them.
2. Serve the steaks warm with a topping of about 1/4 cup Creamy Peppercorn Gravy.

YIELD: 4 Servings

#### \*Dietary Notes:

- To make Vegan (SV), replace cube steaks with four (3 oz.) slices of Original Field Roast Brand Vegan Loaves. Replace egg whites with 1 Tbsp Bob's Red Mill Egg replacer and 3 Tbsp water. Replace evaporated milk with equal amounts of soy milk. Replace Greek yogurt with equal amounts of soy yogurt. Replace Smart Balance Butter Blend with equal amount of Earth Balance Vegan Buttery Sticks.
- To make Dairy Free (DF), replace evaporated milk with equal amounts of soy milk. Replace Greek yogurt with equal amounts of soy yogurt. Replace Smart Balance Butter Blend with equal amount of Earth Balance Vegan Buttery Sticks.
- To make Vegetarian (VG), replace cube steaks with four (3 oz.) slices of Original Field Roast Brand Vegan Loaves (or) four (4 oz.) slices of Field Roast Brand Vegetarian Classic Meatloaf.
- To make gluten-free (GF), replace Total Cereal with Nature's Path Gluten-Free Corn Flakes or other whole grain gluten-free cereal flakes of your choice.
- To make nut-free (NF), check labels of all ingredients to ensure they are raised or prepared in nut-free environments or facilities.

Per Healthy Swap Serving: 398 Calories, 25g Carbohydrates, 19g Fat, 31g Protein, 3g Dietary Fiber, 76mg Cholesterol, 394mg Sodium (note: excess flour and egg wash foam not included in nutrition data).

Per Averaged Restaurant & Traditionally Fried Home Recipe Serving: 602 Calories, 48g Carbohydrates, 28g Fat, 35g Protein, 2g Dietary Fiber, 169mg Cholesterol, 1292mg Sodium.