

Chicken Fried Steak

Yields: Six 2 unit portions protein/fat
Four 3 unit portions protein/fat
Three+ 4 unit portions protein/fat
Two+ 5 unit portions protein/fat

Ingredients:

4 4 oz. Cube Steaks (¼" thick)
1 tsp. Worcestershire sauce
1 tsp. Braggs Liquid Amino's
¾ c. Whole Wheat flour
½ tsp. Smoked Paprika
½ tsp. Kosher salt, divided
½ tsp. White Pepper, divided
2 Large Egg Whites
¾ c. 2% milk, divided

Gravy:

½ c. Low-Sodium Beef Broth
¼ Hot Sauce, such as Tapatio
Olive Oil Cooking Spray

Directions:

Step 1:

Combine Worcestershire & Braggs in a small dish. Brush each steak and place on a tray or plate. Set aside.

Step 2:

Combine 4 dry ingredients in a small bowl. Set aside. Combine egg whites and milk in another small bowl; lightly whisk. Set aside.

Step 3:

Dip one steak at a time into the egg mixture, shake excess liquid off then dip into the dry ingredient mixture covering both sides. Repeat with each steak. Reserve at least 1 Tbsp. dry ingredient mixture for the gravy.

Step 4:

Heavily spray a large non-stick skillet with Olive oil Cooking spray. Place over med-high heat. When skillet is really hot, but not smoking, add 2 prepared steaks; cook 2 - 3 min. per side, or golden brown. Remove to a clean tray; cover lightly with parchment paper to keep warm. Re-spray hot skillet and repeat process with remaining steaks.

Step 5:

To make gravy, add beef broth to the skillet. Whisk reserved Tbsp. dry mixture into skillet. Cook over med-heat whisking constantly 1 - 2 min. or until golden and bubbly. Slowly add remaining ¼ milk, ¼ tsp. salt, ¼ tsp. pepper and the ¼ cup hot sauce. Whisk until thickened. Spoon over steaks.

Week 1