

# FOOD

## Jackie's Healthy Chicken-Fried Steak Recipe

With its typified grease coat of saturated fat and salt, it might seem a little far-fetched to think about cooking a 'healthy' county-fried steak meal. If we avoid the deep frying however, with a little care we can make a delicious and 'healthy' steak along with its fitting gravy counterpart. This recipe has less than a third of the fat and around 80 percent less sodium than the other, more traditional recipes. This way, we can enjoy a hearty, home cooked meal without the unnecessary trappings. Makes 4 servings. Total time 40 minutes.

### Ingredients:

- 1/4 cup all-purpose flour
- 1/2 teaspoon plus 1/4 teaspoon kosher salt, divided
- 1/2 teaspoon plus 1/4 teaspoon freshly ground pepper, divided
- 1/2 teaspoon minced basil
- 1 Pinch of cayenne pepper
- 1/4 teaspoon garlic powder
- 2 large egg whites, lightly beaten
- 1/4 cup cornmeal
- 1/4 cup whole-wheat flour
- 1/4 cup plus 1 tablespoon cornstarch, divided
- 1 teaspoon paprika
- 1 pound cube steak, cut into 4 portions
- 2 tablespoons canola oil, divided
- 1 14-ounce can reduced-sodium beef broth
- 1 tablespoon water
- 1/4 cup half-and-half



### Chicken-Fried Steak Preparation:

1. Preheat oven to 350°F.
2. Mix and then place all-purpose flour, 1/2 teaspoon salt, and 1/2 teaspoon pepper, cayenne pepper, garlic powder, and basil in a wide dish.
3. Place egg whites in a shallow dish.
4. Whisk cornmeal, whole-wheat flour, 1/4 cup cornstarch, and paprika in another wide dish.
5. Dredge the steak in the all-purpose flour / spice mixture, shaking off excess.

6. Dip steaks in the egg whites.
7. Dredge in the cornmeal mixture.
8. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Reduce heat to medium and add 2 pieces of the steak. Cook until browned on both sides, turning once (about 5 minutes). Repeat with the remaining tablespoon of oil and the other 2 pieces of steak.
9. Transfer steaks to a baking dish, cover, and bake in the oven until cooked through (about 12 minutes).

### Gravy Preparation:

1. Add broth to a pan and boil over medium-high heat, stirring occasionally, until reduced to about 1 cup (3 to 5 minutes).
2. Whisk water and the remaining tablespoon of cornstarch until smooth. Remove the pan from the heat and stir in the cornstarch mixture. Return to the heat and cook, stirring, until thickened (1 to 2 minutes). Stir in half-and-half; season with the remaining 1/4 teaspoon salt and pepper.
3. Serve the steak topped with the gravy and enjoy.

Notes: Recommended with mashed potatoes and green beans.

Nutrition Per serving: Around 322 calories; 13 g fat (3 g sat, 7 g mono); 76 mg cholesterol; 18 g carbohydrates; 0 g added sugars; 32 g protein; 1 g fiber; 473 mg sodium; 354 mg potassium.

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