

Bianchetto di Vitello allo Yogurt
(sautéed veal with yogurt-chive sauce)

12 servings

3 cups plain low-fat yogurt
6 tablespoons finely chopped chives
Salt
Freshly ground black pepper
4 ½ cups broccoli florets
6 medium turnips, peeled and cut into pieces about same size as meat
2 ¼ pound medium cipolline or pearl onions, peeled
¼ cup extra-virgin olive oil
4 ½ pounds veal top round, cut into 1-inch cubes

Stir together yogurt and chives; season with salt and pepper.

Bring a large saucepan of water to boil. Add broccoli and simmer until crisp tender, about 2 minutes. Don't over cook! Reserving water, transfer broccoli to a plate. Return water to boil, add turnips and onion and simmer until crisp tender, about 3-4 minutes. Drain vegetables and pat dry.

Heat oil in a large skillet over medium-high heat. Add veal in batches and cook, stirring, until browned and cooked to medium, about 4 minutes. Transfer to a plate. Reduce heat to medium; add remaining oil, turnips and onion. Cook, stirring occasionally, until lightly golden, about 5 minutes. Season veal and vegetables with salt and pepper.

Divide yogurt sauce onto plates and top with veal, sautéed vegetables and broccoli. Serve warm.