

HONEY-DIJON VEAL & ZUCCHINI STIR-FRY

Total preparation and cooking time: 25 minutes (Makes 4 servings)

Ingredients:

1 lb.	Veal leg cutlets, cut $\frac{1}{8}$ to $\frac{1}{4}$ inch thick
4 oz.	Uncooked spaghetti
3 tsp.	Olive oil
1	Medium onion, cut into thin wedges
1	Medium zucchini, cut lengthwise in half, then cut crosswise into thin slices
$\frac{1}{4}$ cup	Prepared honey-Dijon barbecue sauce
1 tbsp.	Water

Instructions:

1. Cook spaghetti according to package directions; keep warm.
2. Meanwhile pound veal cutlets to $\frac{1}{8}$ inch thickness, if necessary. Stack cutlets; cut into 3 x 1-inch strips.
3. In large nonstick skillet, heat 1 teaspoon oil over medium-high heat until hot. Add $\frac{1}{2}$ of veal and stir-fry 1 to 2 minutes or until outside surface is no longer pink. (Do not overcook.) Remove veal. Repeat with remaining veal and another 1 teaspoon oil.
4. In same skillet, heat remaining 1 teaspoon oil over medium-high heat until hot; stir-fry onion 2 minutes. Add zucchini; stir-fry 3 minutes or until crisp-tender. Add barbecue sauce and water. Return veal to skillet; toss to combine. Heat through; serve over spaghetti.