

Turkey Cutlets with Asparagus



If you are still craving turkey post the holiday season, this recipe is an easy and heart healthy dinner with your favorite type of meat. With minimal prep and clean up time, enjoy this great meal with your family!

INGREDIENTS

- Turkey Cutlets, 20 ounce package, cut in half lengthwise
- 1 T Honey
- 1 T Cornstarch
- 1 pound of fresh asparagus, trimmed and into 2 inch long pieces
- 1 ½ cups grape tomatoes, cut in half lengthwise
- 1 Cup Low Sodium Chicken Broth
- 2 T Stone Ground Dijon Mustard
- 2 T Olive Oil- Extra Virgin
- 1 t Thyme Leaves
- 1 t Garlic Powder
- Salt and Pepper to taste

COOKING INSTRUCTIONS:

- ❖ Using a large skillet, heat to medium heat with 1 T of extra virgin olive oil
- ❖ In a shallow bowl, mix thyme, garlic powder, salt and pepper
- ❖ Add turkey cutlets to bowl and spread the mixture evenly on the cutlets
- ❖ Place cutlets in skillet and cook for approximately 5-7 minutes, turning once and until cutlets reach 165 degrees
- ❖ Remove from heat, transfer to a plate and cover
- ❖ Using a small bowl, mix the low sodium chicken broth, stone ground Dijon mustard, honey and cornstarch

- ❖ Heat 1 T of extra virgin olive oil to medium heat. Cook the asparagus for approximately 3 minutes
- ❖ Add the broth, bring to a boil, reduce heat, add the cutlets and cook until broth is in a sauce form and thickened.
- ❖ Add the tomato halves and cook for 2 minutes

NUTRITIONAL INFORMATION:

- ✓ Low Carb
- ✓ High Protein
- ✓ High Levels of Calcium
- ✓ 290 Calories per serving
- ✓ High in Potassium
- ✓ Low in Cholesterol