

TURKEY TENDERS

WITH CRANBERRY YOGURT DIPPING SAUCE



NUTRIENTS PER SERVING:

CALORIES: 159

FAT: 3 g

CARB: 2 g

PROTEIN: 28 g

DIPPING SAUCE: 99 CALORIES

FAT: 0.1 g

CARB: 22 g

PROTEIN: 4 g

Serves 4

INGREDIENTS:

- 2 whole-wheat pita breads
- 1 tsp kosher salt
- 1 tbsp chopped fresh sage
- 1 lb turkey tenderloins
- 1 clove garlic, split
- 2 tsp olive oil
- 1 cup fat-free Greek-style yogurt
- 1/2 cup dried sweetened cranberries

INSTRUCTIONS:

1. Preheat oven to 375°F. Line a rimmed baking sheet with foil. Place pita breads on the foil and bake until dry and crispy, about 7 to 10 minutes.
2. When the pita breads are cool enough to handle, break them up and grind them into coarse crumbs with a food processor. Stir in salt and fresh sage. Place the seasoned crumbs onto a plate.
3. Dry off turkey tenderloins with a paper towel. Rub split garlic clove all over the meat. Cut the tenderloins into 1 1/2-inch chunks and place in a bowl. Add olive oil to bowl and, using your hands, mix until the meat is evenly covered with the oil.
4. Roll each piece of turkey in the seasoned bread crumbs until well coated and place on the prepared baking sheet. Bake for 15 to 20 minutes until the turkey is cooked through and no pink remains. Serve warm with Cranberry Yogurt Dipping Sauce.

Cranberry Dipping Sauce: Combine yogurt and dried cranberries in a food processor and blend until cranberries are finely chopped. Serve with Turkey Tenders.