



Garlic-Ginger Turkey Tenderloins

TOTAL TIME: Prep/Total Time: 30 min.

YIELD: 4 servings.

This good-for-you entree can be on your family's plates quicker than Chinese takeout...and for a lot less money! Ginger and brown sugar flavor the sauce that spices up the turkey as it bakes. —Taste of Home Test Kitchen

Ingredients

3 tablespoons brown sugar, divided

2 tablespoons plus 2 teaspoons reduced-sodium soy sauce, divided

2 tablespoons minced fresh gingerroot

6 garlic cloves, minced

1/2 teaspoon pepper

1 package (20 ounces) turkey breast tenderloins

1 tablespoon cornstarch

1 cup reduced-sodium chicken broth

Directions

1. Preheat oven to 375°. In a small saucepan, mix 2 tablespoons brown sugar, 2 tablespoon soy sauce, ginger, garlic and pepper.

2. Place turkey in a 13x9-in. baking dish coated with cooking spray; drizzle with half of the soy sauce mixture. Bake, uncovered, until a thermometer reads 165°, 25-30 minutes.

3. Meanwhile, add cornstarch and the remaining brown sugar and soy sauce to the remaining mixture in saucepan; stir until smooth. Stir in broth. Bring to a boil; cook and stir until thickened, 1-2 minutes. Cut turkey into slices; serve with sauce.

Nutrition Facts

4 ounces cooked turkey with 2 tablespoons sauce : 212 calories, 2g fat (1g saturated fat), 69mg cholesterol, 639mg sodium, 14g carbohydrate (10g sugars, 0 fiber), 35g protein.

Diabetic Exchanges: 4 lean meat, 1 starch.

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