



Prep time: 40 minutes

What you need:

boneless and skinless turkey breast tenderloin (about 1 pound)

Rub mixture:

½ teaspoon black pepper

3 garlic cloves, minced

Sauce and vegetables:

2 tablespoons low-sodium chicken broth

2 teaspoons cornstarch

1½ teaspoons oregano

1 teaspoon onion powder

1 tablespoon Parmesan cheese

1 cup tomatoes, chopped

½ cup zucchini, chopped

½ cup yellow squash, chopped

½ cup onion, chopped

Equipment and supplies:

Oven

Knife

Measuring cup

Measuring spoon

Broiler pan

3-quart saucepan

Meat thermometer

Small bowl

What to do:

1. Preheat broiler.
2. Combine black pepper and garlic in a small bowl and rub mixture on both sides of turkey.

3. Place turkey on broiler pan and broil for 5 minutes. Turn and broil for another 5 minutes, or until internal temperature reaches 185°F (85°C). Juices should run clear and the turkey should not be pink in the center.
4. While turkey is cooking, combine chicken broth, cornstarch, oregano, onion powder, and Parmesan cheese in saucepan, and mix well.
5. Stir in tomatoes, zucchini, squash, and onions.
6. Cook and stir vegetables over medium heat until mixture boils and thickens. Cook and stir 2 minutes more after mixture begins to thicken.
7. When the turkey is done cooking, place the vegetables on top of it to serve.

How much does this recipe make? 4 servings