

MARINATED TURKEY BREAST

Ingredients

4 oz. turkey breast

1 tsp. olive oil

1½ tsp. balsamic vinegar

¼ tsp. garlic powder

¼ tsp. dried basil

¼ tsp. thyme

¼ tsp. pepper

Directions

- Mix basil, thyme, garlic powder, and pepper with balsamic vinegar and olive oil in a bowl or large Ziploc.
- Cut the turkey breast into thumb-sized pieces or strips and place in the marinade for at least 20-30 minutes.
- Take the turkey out of the marinade and fry in a skillet for 5-8 minutes at medium heat (depending on the size of the turkey strips. Turkey HAS to be fully cooked).

Source: diabetesstrong.com

WRH PHYSICIANS, INC.
■ ■ ■ 