

Poached Turkey Normandy

A delicious, moist, and flavorful alternative to the standard turkey and gravy.

Ingredients:

- 1/2 pound turkey tenderloins
- 1/4 cup thinly sliced onions
- 1/4 cup thinly sliced celery
- 2 black peppercorns
- 1/4 teaspoon salt
- 1/4 cup pared, cored and diced tart apple
- 5 tablespoons orange juice
- 1 1/2 tablespoons jellied cranberry sauce
- 2 teaspoons orange marmalade
- boiling water

1. In large skillet, over low heat, place tenderloin, onion, celery, peppercorns, salt and enough water to cover turkey. Cover skillet and poach tenderloin 15 minutes or until no longer pink in center. Remove tenderloin from liquid.
2. In a small saucepan, over medium heat, cook apple, orange juice, cranberry sauce and marmalade until apples are tender, but still hold their shape.
3. To serve, spoon sauce over hot tenderloin.

Nutrition Info

Servings Per Recipe: 2

Amount per Serving

Calories: 211

Protein: 27.7g

Total Fat: 3.2g

Fiber: 1.2g

Recipe courtesy of www.AllRecipes.com

Roasted Broccoli with Balsamic Vinegar

So chic and full of amazing antioxidants. A must on your holiday table.

Ingredients:

- 2 bunches (about 8 ounces each) broccolini
- 1 tablespoon olive oil
- Kosher salt to taste
- 1 tablespoon balsamic vinegar

1. Preheat the oven to 450°F.
2. Trim the stem ends of the broccolini and spread the spears on a baking sheet. Brush them with olive oil (especially the flowering part) and sprinkle with salt.
3. Roast the broccolini on the top rack of the oven until the stems become tender when pierced with a knife, about 10 minutes.
4. Toss the broccolini with the balsamic vinegar and serve.

Nutrition Info

Servings per Recipe: 2

Amount per Serving

Calories: 53

Protein: 3g

Total Fat: 2g

Fiber: 1g

Recipe courtesy of www.Foodfit.com