

Cranberry Glazed Turkey Breast Cutlets & Steamed Broccoli ~ choose one side item to complete your meal

Cranberry Glazed Turkey Breast Cutlets

4 servings

- 1 ¼ lb Turkey breast cutlets
- ¾ cup Cranberry sauce, canned
- ¼ cup Apple juice or cranberry juice
- ¼ cup Onion, finely minced
- 1/8 tsp Ground cloves (optional)
- 1/3 cup Dried, sweetened cranberries



Heat the outdoor grill to medium-high heat (375-400 degrees). In a small bowl, make the glaze by whisking together cranberry sauce, juice, onion and cloves. Place turkey cutlets onto the grill which is lightly sprayed with grill oil spray. Brush on cranberry glaze. Grill for about 4-6 minutes per side, then turn over and brush with glaze again. Grill for about 4-6 minutes. Grilling time depends on the thickness of cutlets. Boil the remaining glaze for 1 minute and use as a sauce at the table. Sprinkle finished cutlets with dried cranberries.

Note: This recipe may also be broiled in the oven.

Turkey Recipe Nutrition per serving

267 calories; 35 gm protein; 30 gm carbohydrate; 1 gm total fat; 0 saturated fat; 0 trans fat; 56 mg cholesterol; 2 gm fiber; 138 mg sodium

Turkey breast cutlets on sale

Fresh onions on sale

Fresh broccoli on sale

To Make Steamed Broccoli: Wash broccoli in cool water. Trim bottom inch of stalks and discard. Cut into spears or chunks. Place in a pan with about 1 inch water, cover with lid, and heat on medium high heat until water boils. Reduce heat to medium and steam for 6-8 minutes until tender-crisp. Or, prepare as above, then microwave on high until tender-crisp.

Side Items:

1. Onion-Flavored Green Beans or French Green Beans – Affordable, staple ingredient: Lowe's Foods Brand Frozen Green Beans or French Green Beans

To Make: Get out a cutting board and knife and chop up ½ small onion for topping. Cook frozen green beans according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

2. Lightly Sautéed Greens – Affordable, staple ingredient: Fresh greens such as spinach, kale, turnip or mustard

To Make: Get out a cutting board and knife, remove thick stems and chop greens coarsely. If using spinach, then chopping is not necessary. Heat a large skillet with 2 Tbsp oil and then add about 8 cups of greens and stir in hot pan for 2 minutes. Quickly, add 2 cloves of minced or sliced garlic and stir in pan. Dust with salt & pepper to taste.

3. Chile Rice Pot – Affordable, staple ingredients: Lowe's Foods Brand White Rice, Canned Red Kidney Beans, Stewed Diced Tomatoes with Italian Herbs and Frozen Corn

To Make: Place the following ingredients together in a large, shallow microwave dish: 1 cup white rice, 14 oz can stewed diced tomatoes with Italian herbs, 15 oz can red kidney beans (drained and rinsed), 2 cups frozen corn, 1 cup prepared salsa, 1 ½ cups water. Cover and microwave on HIGH for 25-30 minutes or until rice is tender and has absorbed almost all the liquid.

