

Turkey Tenders



Makes 4 Servings

INGREDIENTS

- 2 Josheph's Low Carb / Low Fat Pita Breads
- 1 Tsp sea salt
- 1 Tbsp chopped fresh sage
- 1 lb turkey tenderloins
- 1 clove garlic, split
- 2 Tsp olive oil

FOR SAUCE

- 1 cup fat free Greek-style yogurt
- ½ cup dried sweetened cranberries

PREPARATION

- Preheat oven to 350
- Spray baking sheet with Olive Oil Pam, place pita's on baking sheet
- Bake until dry and crispy (about 7 minutes.)
- When pita breads are cool enough to handle, break them up and grind them into coarse crumbs with a food processor, or in a zip-lock with a rolling pin.
- Stir in salt and fresh sage.
- Place the seasoned crumbs onto a plate.
- Dry off turkey tenderloins with a paper towel.
- Rub split garlic clove all over the meat.
- Cut the tenderloins into 1 ½ inch chunks and place in a bowl.
- Add olive oil to bowl and, using your hands, mix until the meat is evenly covered with the oil.
- Roll each piece of turkey in the seasoned bread crumbs until well coated and place on the prepared baking sheet.
- Bake for 15-20 minutes until the turkey is cooked through and no pink remains.
- Serve warm with Cranberry Yogurt Dipping Sauce.

Cranberry Dipping Sauce:

- Combine yogurt and dried cranberries in a food processor and blend until cranberries are finely chopped

TURKEY TENDERS NUTRITIONAL VALUE Per Serving

Calories	159
Carbs	2g
Fat	3g
Protein	28g