



Apple Cider Glazed Turkey

Ingredients:

- 2 tablespoons olive oil
- 1 lb. turkey breast, thickly sliced
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ cup spiced apple cider
- 1 teaspoon honey
- 1 garlic clove, minced
- 1 apple, thinly sliced
- 1 teaspoon thyme

Instructions:

1. Heat olive oil in a skillet on medium heat.
2. Sprinkle turkey with salt and pepper and place in preheated skillet, browning each side. Meanwhile, mix remaining ingredients besides thyme and pour over turkey.
3. Heat for an additional 5 minutes flipping occasionally.
4. Garnish with thyme.

Variations:

- Top with low sugar cranberry sauce.
- Marinate turkey for 30 minutes for a stronger flavor.

Prep Time: 10 minutes

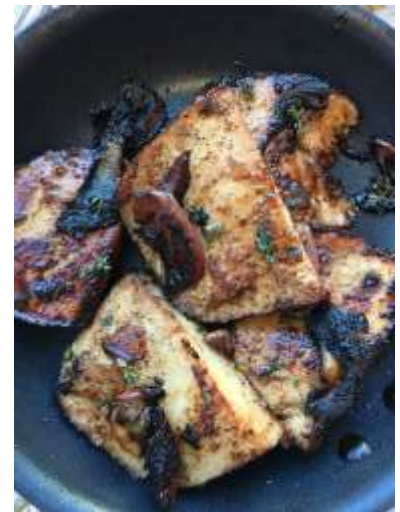
Cooking Time: 15 minutes

Equipment:

Measuring cups and spoons
Cutting board
Chopping knife
Skillet
Rubber spatula
Mixing bowl

Servings: 3 servings

Serving Size: 1/3 recipe



Nutrition Facts: 310 Calories, 13 g Fat, 2 g Saturated Fat, 16 g Carbohydrates, 36 g Protein, 2 g Fiber, 12 g Sugar, 890 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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