

TURKEY WITH MUSTARD-TARRAGON SAUCE

From the King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/MainCourse/TurkeyMustardTarragon.aspx>

Ingredients

- 1 tbsp. olive oil
- 2 small turkey breast tenderloins (about 1 pound total), sliced horizontally in half to make 4 pieces
- ½ cup leeks (white part only), sliced
- ½ cup dry white wine (or water)
- ½ cup reduced sodium chicken broth
- 1 tsp. snipped fresh tarragon or ¼ tsp dried tarragon
- ¼ cup nonfat sour cream
- 2 tbsp Dijon-style mustard

Instructions

1. Heat oil in a large skillet over medium heat.
2. Add the turkey and the leeks and cook for 5 minutes until turkey is browned, turning once.
3. Stir in the wine, broth, and tarragon. Raise heat, bring to a boil then reduce heat to low. Cover and simmer for 5 minutes or until turkey is no longer pink in the center. Preferably, use a food thermometer to test the center of the meat which should be a minimum of 165 °F to determine doneness.
4. Transfer turkey to a serving plate and reserve liquids in the skillet. Raise heat to bring liquid to a boiling for 5 minutes until reduced to about ½ cup then return heat to low. Stir in the sour cream and mustard and heat through then spoon the sauce over the turkey and serve.

Makes four servings (Serving Size: ¼ of recipe – 209 g)

Nutritional information per serving (4 servings)

Calories	258	Dietary Fiber	0 g
Calories from fat	108	Sugars	2 g
Total Fat	12 g	Protein	27 g
Saturated Fat	3 g	Vitamin A	6%
Trans Fat	0 g	Vitamin C	4%
Cholesterol	75 mg	Calcium	6%
Sodium	250 mg	Iron	10%
Total Carbohydrates	5 g		

Percent daily values based on a 2000 calorie diet.



Wellness Center