

Stir-Fried Turkey and Vegetables

3 tbsp. soy sauce
1/4 tsp. garlic salt
Dash cayenne pepper
1 1/4 lb. turkey breast tenderloins, fresh
2 tbsp. cooking oil
1 medium green pepper, cut 1/4 x 2" strips
4 oz. mushrooms, sliced
4 green onions, cut in 1" pieces
1 tbsp. cornstarch
1/2 cup chicken broth
10 cherry tomatoes, halved
Salt and pepper

Marinate turkey in first 3 ingredients for 5 minutes. Heat oil in wok or skillet over medium-high heat; stir-fry turkey 3 minutes, until no longer pink. Add green pepper; stir-fry 1 minute. Add mushrooms and green onion; stir-fry 1 minute longer. Combine cornstarch and broth. Stir into wok, bring to boil. Boil 1 minute. Add tomatoes and heat. Salt and pepper to taste. Makes 4 servings.

Nutrition information per serving: calories 278; protein 37 grams; fat 10 grams; sodium 858 mg