

RECIPE

Pecan Crusted Turkey Tenderloin With Sweet Potatoes

Prep Time: 15 minutes; Serves 6

Ingredients:

Cooking spray
1 egg
2 egg whites
1 teaspoon garlic powder
½ teaspoon ground black pepper
2 ounces pecan chips
24 ounce turkey breast tenderloin
2 – 6 ounce sweet potatoes, peeled
and cut into wedges
1 tablespoon olive oil
½ teaspoon cinnamon
2 tablespoons Splenda brown
sugar blend



Directions:

1. Preheat oven to 350 degrees F. Spray large rectangular baking dish with cooking spray.
2. In a medium shallow bowl, whisk together egg and egg whites.
3. In another medium shallow bowl, combine garlic powder, pepper and pecans.
4. Dip turkey breast tenderloin in egg mixture and coat well. Dredge turkey in pecan mixture and cover on both sides. Place in baking dish. Discard leftover egg mixture.
5. In a medium bowl, mix together the sweet potatoes, oil, cinnamon and Splenda brown sugar.
6. Arrange the sweet potatoes around the turkey breast tenderloin in baking dish. Bake for 50 minutes or until done (turkey breast reaches 165 degrees).

Nutrition Facts

Serving Size: 4 ounces turkey + 6 sweet potato wedges

Calories: 250; Carbohydrates: 14 g; Protein: 25 g; Fat: 10.0 g; Saturated Fat: 1.3 g; Sugar: 2 g;
Dietary Fiber: 2 g; Cholesterol: 85 mg; Sodium 75: mg; Potassium: 460 mg