

Holiday Recipes for Managing Diabetes

Tequila Turkey

NUMBER OF SERVINGS:

6

SERVING SIZE:

3-4 oz.

OVERVIEW:

Enjoy the flavor of this tipsy turkey.

INGREDIENTS:

- 0.5 cup lemon juice
- 2 Tbsp olive oil
- 0.25 cup tequila
- 2 ea garlic clove, minced
- 1 small onion thinly sliced
- 0.25 cup minced red pepper
- 1.5 lb turkey breast filets

INSTRUCTIONS:

1. Combine the turkey with the marinade ingredients. Marinate for at least 2 hours or up to 48 hours.
2. Prepare an outside grill with an oiled rack set 4 inches above the heat source. On a gas grill, set the heat to high. Grill the turkey for 3-4 minutes on each side until it is white throughout.



NUTRITION:

Total Calories:	151
Calories from Fat:	26
Total Fat:	3 g
Saturated Fat:	1 g
Cholesterol:	75 mg
Sodium:	48 mg
Total Carbohydrates:	1 g
Dietary Fiber:	0 g
Sugars:	1 g

