

WEIGHT ★ NO ★ MORESM
DIET CENTER

No one does what we do!

weightnomoredietcenter.com
WeightNoMoreDC

**GRILLED TURKEY CUTLETS WITH
RASPBERRY LIME GLAZE**

Basic Lifestyle

Ingredients

For the raspberry lime glaze:

2 TBS red wine vinegar
2 TBS Splenda
½ cup sugar-free (or low-sugar) raspberry jam or preserves)
1 TSP lime zest
salt to taste
white pepper to taste

For the grilled turkey:

4 turkey cutlets, 5-6 oz. each
1 TBS olive oil
Morton's Lite Salt and pepper

Instructions

For the raspberry lime glaze:

1. In a small saucepan, heat the vinegar and Splenda over medium heat until the mixture boils and the sugar dissolves. Add the raspberry jam or preserves, lime zest and bring to a boil. Remove from heat.
2. Season with salt and pepper to taste.

For the grilled turkey:

1. Preheat the grill to medium-high.
2. Sprinkle the turkey cutlets with salt and pepper and drizzle with olive oil.
3. Place the turkey on the grill and cook until the juices run clear, about 6 minutes per side.
4. Place the turkey cutlets on a serving platter and brush them with the raspberry-lime glaze.

Portion-Per-Serving Information (Yields 4 serving): 1 serving = turkey cutlet = 1 P