

Complete your dinner with **EATING RIGHT™ Sweet Butter Blend Salad** topped off with the savoury **EATING RIGHT™ Roasted Sweet Pepper and Garlic** salad dressing.

Ingredients:

- 2 tbsp (25 ml) paprika
- 1 tbsp (15 ml) dried sage
- 1 tsp (5 ml) black pepper
- ½ tsp (2 ml) each salt, garlic powder. And cayenne pepper
- 6 turkey cutlets (3 oz, 90 g each)
- 1 tbsp (15 ml) vegetable oil
- 1 large orange, peeled and sectioned
- 1 medium grapefruit, peeled and sectioned

Per Serving

- Calories: 153
- Dietary Fiber: 2 grams
- Fat: 4 grams
- Carbohydrate: 8 grams
- Protein: 21 grams

Directions:

1. Mix together paprika, sage, pepper, salt, garlic powder and cayenne; placed on waxed paper. With meat mallet, pound turkey between 2 pieces of plastic wrap to ⅜-inch (9 mm) thickness. Coat cutlets well with seasoning mixture.
2. In a large skillet, heat oil over high heat; quickly brown turkey bon both sides. Reduce heat and add orange and grapefruit; cook until turkey is no longer pink inside.



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