



Grilled Turkey Marinade

Recipes from www.naturalhealthyconcepts.com

½ cup white wine
2 T white balsamic vinegar
2 T honey
2 T extra virgin olive oil
1 T fresh rosemary minced (1 tsp dried)
1 tsp fresh sage minced (1/2 tsp ground)
1 clove garlic crushed
2 pounds turkey tenderloins

In small bowl, combine all ingredients except turkey. Place the turkey tenderloins in a glass dish and coat with the marinade. Cover and refrigerate at least one hour, turning occasionally. Marinade can be made a day or so ahead of time and refrigerated.

Remove turkey from marinade and grill over medium heat 15-25 minutes turning occasionally.

Per 4 oz serving: Calories 263, Protein 28.5g, Carbs 5.8g, Fat 12g, Sat Fat 2.8 g, Sodium 83mg

Beneficial Nutrients: B3 7mg, B6 .63mg, B12 .54mcg, Iron 1.4mg, Magnesium 33mg, Potassium 382mg, Selenium 28.6mcg, Zinc 2.11mg