

MEXICAN TURKEY BREAST CUTLETS WITH BROWN RICE



Total Time
30 MIN.

Serving & Size
1 SERVING (1 TURKEY BREAST, 2 OZ SAUCE, 1 CUP RICE)

Difficulty
EASY

Yields
5

Roasted turkey breast cutlets, topped with warm Mexican style tomato sauce stewed with savory vegetables and beans. Plated with whole grain brown rice.

Nutrition Facts

Serving Size **1 SERVING (1 TURKEY BREAST, 2 OZ SAUCE, 1 CUP RICE)**

Amount Per Serving

Calories 455

% Daily Value

Total Fat 4.8g **7%**

Saturated Fat 0.5g **3%**

Cholesterol 66mg **22%**

Sodium 396mg **17%**

Total Carbohydrate 64.8g **22%**

Dietary Fiber 5.4g **22%**

Protein 33.6g **67%**

Vitamin A 7% Vitamin C 12%

Calcium 7% Iron 6%

INGREDIENTS

WEIGHT

MEASURE

boneless, skinless turkey breast cutlet, 4 ounces 20 oz. 5 ea.

canola oil 2 tsp.

chili powder, light 1 tsp.

garlic powder 1 tsp.

onion powder 2 tsp.

dried oregano leaves 1/2 tsp.



Campbell's® Healthy Request® Condensed Tomato Soup

1 cups

water 1 cups

lime juice 2 tsp.

onion, diced 3 oz. 1/2 cups

black beans, canned, rinsed, drained 3 oz. 1/2 cups

no salt added diced tomatoes, drained 3 oz. 1/2 cups

corn, whole kernel, thawed, drained 6 oz. 1 cups

fresh oregano leaves, chopped 2 tsp.

chili powder, light 2 tsp.

cooked brown rice 34 oz. 5 cups

fat free sour cream 3 oz. 5 tbsp.



TIP

Serving suggestion: offer with a crisp green salad.

This recipe meets PHA standards for a wellness positioned entree.

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INSTRUCTIONS

1. Preheat oven to 500°F. Toss cutlets with canola oil. Place in a 2 inch deep hotel pan. Set aside.
 2. Combine first measure of chili powder with all of garlic powder, onion powder, and dried oregano. Sprinkle over turkey cutlets. Turn oven down to 350°F.
 3. Place turkey breasts in oven. Roast dry until slightly brown, about 15-20 minutes. Remove from oven. Set Aside.
 4. While turkey is in oven, in sauce pot,combine all remaining ingredients, including second measure of chili powder. Bring to simmer over medium heat.
 5. Pour sauce over top of turkey breasts. Place in oven until the turkey is cooked through ,bout 10 minutes.
- CCP: Heat to a minimum internal temperature of 165°F for 1 minute.
CCP: Hold for hot service at 140°F or higher until needed.
6. To Serve: Using tongs,place 1 turkey breast on plate. Top with a 2oz. ofsauce from pan. Using a #4 scoop, portion 1 cup cooked brown rice next to turkey breast. Serve immediately.