



## MARINATED TURKEY FILLETS

### Ingredients:

- 3 tbsp olive oil
- 1/3 c white balsamic vinegar
- 1/4 c reduced-fat grated parmesan cheese
- 1 tsp no-salt Italian seasoning
- 1/2 tsp coarse ground black pepper
- 1 lb boneless, skinless turkey breast strips

### Nutritional Information:

- Servings: 4
- Servings size: 1
- Calories: 239 kcal
- Fat: 11 g
- Saturated fat: 2 g
- Unsaturated fat: 9.5 g
- Carbohydrates: 8 g
- Protein: 24 g
- Sugars: 3 g
- Sodium: 390 g
- Cholesterol: 50 mg

### Instructions:

1. In a small bowl, combine the oil, vinegar, cheese, Italian seasoning and pepper.
2. Pour marinade into plastic re-sealable bag.
3. Add turkey, close bad and work marinade around the turkey. Refrigerate 1 hour.
4. Heat broiler or prepare an outdoor grill for direct-heat cooking.
5. Cook 18-20 minutes, turning once or twice until turkey reaches an internal temperature of 170 degrees F.