

# **Mustard Turkey Cutlets**

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**Servings: 4**

**Start to Finish Time: 25 minutes**

**2 teaspoons cornstarch**

**1/2 teaspoon salt, divided**

**1/8 teaspoon pepper**

**1/2 cup apple juice concentrate, thawed**

**1/4 cup Dijon mustard**

**1 1/2 tablespoons minced fresh rosemary or 1 1/2 teaspoons dried rosemary, crushed**

**1 package (17.6 oz) turkey breast cutlets**

**1 teaspoon olive oil**

In a small saucepan, combine the cornstarch, 1/4 teaspoon of salt and 1/8 teaspoon of pepper.

Whisk in the concentrate, mustard and rosemary gradually until blended. Cook and stir over medium-high heat until thickened and bubbly.

Reduce the heat. Cook and stir for 2 minutes longer. Set aside 1/4 cup of sauce..

Brush the turkey with oil. Sprinkle with the remaining salt and pepper. Moisten a paper towel with cooking oil. Using long-handled tongs, lightly coat the grill rack.

Grill, covered, over medium heat or broil four inches from the heat for 2 to 3 minutes on each side or until no longer pink, basting occasionally with the remaining sauce.

Brush with the reserved sauce before serving.

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Per Serving (excluding unknown items): 46 Calories; 2g Fat (39.0% calories from fat); 5g Protein; 2g Carbohydrate; trace Dietary Fiber; 11mg Cholesterol; 494mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.