

# **Indian-Spiced Turkey Breast**

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**Servings: 6**

**Preparation Time: 10 minutes**

**Cook time: 4 hours**

**1 (2 1/2 pound) boneless/ skinless turkey breast**

**1 cup reduced-sodium chicken broth**

**1 1/2 teaspoons curry powder**

**1/4 teaspoon cayenne pepper**

**1/2 teaspoon salt**

**1 large onion, chopped**

**2 tablespoons ginger, chopped**

**1/4 cup cilantro leaves**

**1 can (15 oz) chickpeas, drained and rinsed**

**1/2 cup reduced-fat (2%) plain yogurt**

**2 tablespoons cilantro, chopped**

**3 cups cooked brown basmati rice**

Coat the slow cooker bowl with nonfat cooking spray.

Place the turkey in the bottom of the slow cooker and pour the broth over the top.

In a bowl, mix together the curry powder, cayenne pepper and salt. Sprinkle over the turkey.

Scatter the onion, ginger and cilantro leaves over the turkey.

Cover and cook on HIGH for 4 hours or LOW for 6 hours. Add the chickpeas during the last 30 minutes of cooking.

Remove the turkey to a cutting board and cover.

Gradually whisk the yogurt into the slow cooker bowl. Stir in the chopped cilantro. Allow the sauce to heat through.

Slice the turkey and serve with the cooked rice and the yogurt and chickpea sauce.

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Per Serving (excluding unknown items): 138 Calories; 2g Fat (14.2% calories from fat); 7g Protein; 24g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 188mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.