

QUICK & TASTY TURKEY TENDERS 4 WAYS



marinate and freeze for a handy meal starter



sun-dried tomato and balsamic

3 tbsp sun-dried tomatoes
2 tbsp olive oil
2 tbsp white wine
2 tbsp balsamic vinegar



honey lemon rosemary

2 tbsp honey
1/2 lemon, squeezed
3 tbsp rosemary
1/2 c. olive oil



spicy peanut

1/2 c. peanut butter
2 tbsp sesame oil
1 tbsp thai chili
2 tbsp green onion, chopped
2 tbsp apple cider vinegar



orange pepper lime

1/3 c. orange juice
1 tbsp pepper
1 tbsp vegetable oil
2 tbsp garlic, chopped
2 tbsp lime

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