

- » 1 cup low-sodium chicken broth, divided
- » 1, 16-oz boneless turkey breast tenderloin, cut into 4 pieces
- » 1 tsp olive oil
- » 1 cup chopped onion
- » 1/2 tsp dried thyme
- » 1/4 tsp dried rosemary
- » 2 cups sliced carrots
- » 3 cups sweet potatoes, cut into 3/4-inch cubes
- » 1/2 cup orange juice
- » 1 tbsp grated orange peel
- » 1 tbsp brown sugar
- » 1 tsp salt-free herb seasoning blend

Nutritional Content

Per Serving

Calories	346 cal	Cholesterol	70mg
Protein	32g	Sodium	203mg
Carbohydrate	49g	Calories from Fat	6%
Fat	2.3g	Fiber	7g
Saturated Fat	0.5g		

In a large saucepan over medium-high heat, add 1/2 cup chicken broth. When boiling add turkey breast pieces and cook for 5 to 6 minutes, turning once. Remove turkey pieces and set aside. Add olive oil and chopped onion. Cook 1 minute and add remaining 1/2 cup chicken broth, thyme, rosemary, carrots, cubed sweet potatoes, orange juice, grated orange peel, brown sugar, and salt-free herb seasoning blend. Add turkey back to saucepan and bring to a boil. Cover, reduce heat, and simmer for 20 to 25 minutes or until vegetables are done. Add a small amount of water if needed. Serves 4.