

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

## Nutritional Content

Per Serving

Calories	358 cal	Cholesterol	70mg
Protein	32g	Sodium	203mg
Carbohydrate	50g	Calories from Fat	9%
Fat	3.4g	Fiber	7g
Saturated Fat	0.6g		

In a saucepan over medium-high heat, add 2 tbsp chicken broth. When boiling, add turkey breast and cook for 5 to 6 minutes, turning once. Remove turkey and set aside. Add olive oil and chopped onion. Cook 1 minute and add remaining 2 tbsp 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 minutes or until vegetables are done. Add a small amount of water if needed. Serves 1.

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