

- » 2 tbsp low-sodium chicken broth
- » 1, 4-oz boneless turkey breast tenderloin
- » 1/2 tsp olive oil
- » 1/4 cup chopped onion
- » 1 clove minced garlic
- » 2 tbsp chopped celery
- » 1 cup sliced mushrooms
- » 2 tbsp chopped fresh parsley, divided
- » Pinch poultry seasoning
- » Pinch marjoram
- » Pinch salt-free herb seasoning blend
- » 2 tbsp white cooking wine
- » 1 tsp cornstarch
- » 1 tbsp water
- » 1 1/2 cups red potatoes, cut into 1-inch cubes

Nutritional Content

Per Serving

Calories	380 cal	Cholesterol	70mg
Protein	35g	Sodium	337mg
Carbohydrate	52g	Calories from Fat	9%
Fat	4g	Fiber	6g
Saturated Fat	1g		

In a saucepan over medium-high heat, add chicken broth. When boiling, add turkey breast and cook for 5 to 6 minutes, turning once. Remove turkey and set aside. Add olive oil, chopped onion, and garlic to saucepan. Cook 1 minute. Add celery, mushrooms, 1 tbsp fresh parsley, poultry seasoning, marjoram, salt-free herb seasoning blend, and white cooking wine. Cook for 2 minutes and add turkey back. Mix cornstarch with water and add to saucepan. Cover and reduce heat; simmer for 15 minutes. Meanwhile, steam red potato cubes and sprinkle with remaining 1 tbsp fresh parsley. Serve turkey tenderloin with mushroom sauce over potatoes. Serves 1.