

Cooking WELL



**Dietitian
Approved**

*Simple recipes, meals to
support healthy eating*



Coconut-Lime Turkey Skewers

4 servings | serving size: 2 skewers each | 2-4 hours

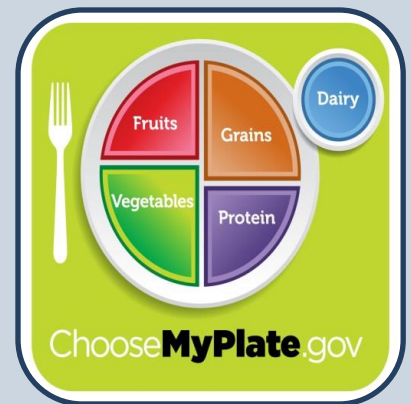
What you need:

- 1/3 cup coconut water
- 1/2 tsp. finely shredded lime peel
- 1/4 cup lime juice
- 2 Tbsp. honey
- 1/4 tsp. crushed red pepper
- 1 turkey breast tenderloin (12 to 14 ounces total)
- 8, 8 to 10 inch skewers
- 1/4 cup flaked coconut, lightly toasted

How to get started:

1. For marinade, in a large re-sealable plastic bag combine coconut water, lime peel, lime juice, honey, and the crushed red pepper.
2. Cut turkey tenderloin lengthwise into thin strips, each about 1/4 inch thick. Add to marinade in bag. Seal bag, turning to coat turkey. Marinate in the refrigerator for 2 to 4 hours, turning bag occasionally.
3. Drain turkey, discarding marinade. Thread turkey, accordion-style, onto skewers. Place skewers on grill rack of a covered grill directly over medium heat. Grill, covered, for 6 to 8 minutes or until turkey is no longer pink, turning once halfway through grilling. To serve, sprinkle skewers with coconut.

Adapted from Diabetic Living



turkey
protein

To balance your plate add:



**steamed
carrot sticks**
vegetable



brown rice
grain



**1 cup skim
or 1% milk**
dairy



**mixed
berries**
fruit

Nutrition Information per serving: 151 calories, 2 g total fat, 1 g saturated fat, 53mg cholesterol, 76 mg sodium, 13 g total carbohydrates, 1 g fiber, 21 g protein, 11 g sugar