



MARK'S TIP OF THE WEEK

Healthy Options for the Big Game

Healthy options for your "super celebration" may sound like an oxymoron, but you don't have to abandon your healthy eating habits because of the big game! Check out this healthy recipe from DietMaster Go

INGREDIENTS: 1 pounds turkey thighs,
skinned 1/4 cup catsup
1 tablespoon dry red wine or water
1 tablespoon brown sugar
1 tablespoon lemon juice
1 teaspoon soy sauce
1 teaspoon Worcestershire sauce
1/4 teaspoon dried thyme,
crushed 1/4 teaspoon liquid smoke flavoring (optional)
Dash ground cloves
Dash garlic powder
1 tablespoon cornstarch
1 tablespoon cold water

NUTRITIONAL INFORMATION

PER SERVING:
29g protein
10g carbohydrate
4g fat 112mg cholesterol
443mg sodium
339mg potassium
-Low Fat Barbecue

TIME:

Preparation Time: 15 min
Cooking Time: 16 1/2 min

Rinse turkey; pat dry. Place in a 10x6x2-inch baking dish with meaty portions toward edges of the dish. In a mixing bowl combine catsup, wine or water, brown sugar, lemon juice, soy sauce, Worcestershire sauce, thyme, liquid's mok (if desired), cloves, and garlic powder. Pour over turkey.

Cover dish with vented microwave-safe plastic wrap. Cook on 100% power (high) for 15 to 20 minutes or till turkey is tender and no longer pink, turning turkey over and giving dish a half-turn once. Transfer turkey to a serving platter, reserving cooking liquid.

For sauce, place cooking liquid in a 2-cup measure; skim fat. If necessary, add water to cooking liquid to equal 1 cup. Combine cornstarch and 1 tablespoon cold water. Stir into cooking liquid.

Cook, uncovered, on high for 1^{1/2} to 2 minutes or till thickened and bubbly, stirring after every 30 seconds. To serve, slice turkey and spoon sauce atop slices.

Makes 4 servings. Calories: 209 / serving

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