



# PEANUT TURKEY SATAY

PREP TIME: 15 minutes SERVINGS: 2

## INGREDIENTS

- 4-1/2 teaspoons red wine vinegar
- 4-1/2 teaspoons reduced-sodium soy sauce
- 1 tablespoon sugar
- 1 tablespoon creamy peanut butter
- 1/4 teaspoon ground ginger
- 1/2 pound turkey breast tenderloins

## INSTRUCTIONS

1. In a small bowl, whisk the first 5 ingredients; set aside 1 tablespoon for basting. Cut turkey into long strips (about 1-1/2 in. wide by 1/4 in. thick). Add to soy sauce mixture in bowl; toss to coat.
2. Weave turkey strips accordion-style onto 2 metal or soaked wooden skewers. Broil 3-4 in. from the heat until turkey is no longer pink, 2-3 minutes on each side, basting with reserved soy sauce mixture.

## NUTRITION INFORMATION

1 skewer: 202 calories, 6g fat (1g saturated fat), 56mg cholesterol, 552mg sodium, 9g carbohydrate (7g sugars, 1g fiber), 29g protein. Diabetic Exchanges: 3 lean meat, 1/2 starch.

Source: [tasteofhome.com](http://tasteofhome.com)