

TURKEY WITH FETA

Time: 20 minutes

Serves: 4

Ingredients:

½ cup boiling water
4 sun-dried tomato pieces (approx. 1 whole tomato)
1 clove garlic
1 shallot
1 teaspoon dried oregano
1 teaspoon dried basil
¼ teaspoon freshly ground black pepper
¼ cup crumbled feta cheese
4 turkey breast filets – 4 ounces each

Preparation:

Preheat the oven broiler.

Place the tomato pieces in the boiling water and let stand for two minutes.

Remove the tomato from the water and finely chop along with the garlic and shallot.

Move the chopped vegetables to a small bowl and mix with the oregano, basil and pepper and feta.

Put the turkey on a baking sheet and cook under broiler for five minutes.

Turn over turkey filets, top with the feta mixture and return to broiler for five minutes or until cooked through. Let stand at least three minutes before serving.

Nutritional Information Per Serving:

Calories: 162
Fat: 3g
Carbs: 3g
Fibre: .2g
Protein: 30g