

Bombay Grilled Turkey Breasts (for 6)

A turkey breast + these spices make a perfect marriage for the grill. Microwaving it first speeds the cooking time.

Recipe Cookbook: Fabulous Food Associations

Chapter: The National Turkey Federation

Prep Time: 10 minutes

Cooking Time: 40 minutes

INGREDIENTS:

3 garlic cloves, minced
1 TBS fresh ginger, peeled and grated
1 TBS low sodium soy sauce
1 tsp Asian sesame oil
1/2 tsp cinnamon
1/4 C canned low-sodium chicken broth
1 boneless & skinless turkey breast (approximately 1 1/4 - 1 1/2-pounds)
2 TBS mango chutney, chopped

DIRECTIONS:

In heavy-duty, self-sealing plastic bag, combine garlic, ginger, soy sauce, sesame oil, cinnamon and broth. With a sharp knife, make several slits in turkey breast half - put in plastic bag & seal. Refrigerate up to 24 hours (at least 4 hours). Drain/discard marinade.

Put turkey breast in 2-qt, microwave-safe casserole with a microwave-safe meat rack. Cover with wax paper - microwave on high (100 percent) 5 minutes. Turn breast over & continue to microwave on high about 5 more minutes.

OR: Prepare charcoal or gas grill. Arrange coals for indirect-heat grilling (or leave 1 burner switched off). Grill the turkey, covered, 20 minutes. Turn & spoon chutney over top of turkey. Recover grill & cook 5-10 minutes or till thermometer (inserted into the thickest portion of the breast) registers 170°F. Remove turkey from grill - allow to rest 10 minutes before slicing. To serve, slice breast across the grain.

Note: To roast the turkey, roast it in a 350° F oven for about 15 minutes per pound or till thermometer registers 170° F.