

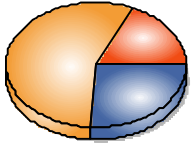


Roast Turkey Breast w/ Spiced Lentils and Curried Yogurt

By: Modified from Chris Carmichael Fitness Cookbook by DrJez LLC

Recipe grams: 849.08g/30.0oz

Serves 2 424.54g/15.0oz per serving



Protein: 36%
Carbohydrates: 45%
Fat: 19%

INGREDIENTS

6 oz TURKEY BREAST, ROASTED
1/2 cup LENTIL, RAW
1 tbsp OLIVE OIL
2 tbsp SHALLOT, RAW
2 cloves GARLIC, RAW
1 tsp PEPPER, BLACK, GROUND
2 tsp CUMIN, GROUND
2 tsp CURRY POWDER
1 tsp CHILI POWDER
1 1/2 cup WATER, MUNICIPAL
1/2 cup YOGURT, SKIM MILK, PLAIN
1 tbsp HONEY, STRAINED OR EXTRACTED
3 tbsp CURRY POWDER
1 tsp CHILI POWDER
1 tsp PEPPER, WHITE, GROUND
1/4 oz VINEGAR, WHITE WINE

DIRECTIONS

Roast Turkey breast as per instructions. Cut into slices.

Soak the lentils in warm water for 4 hours. Drain and set aside.

Heat saucepan to medium high heat. Add olive oil and shallots and cook until they begin to sweat. Add garlic and cook for 1 minute only. Add lentils and remaining ingredients and cook until lentils are tender. ~ 15-20 minutes.

For Yogurt Curry, combine all ingredients in mixing bowl. Salt lightly to taste.

Serving size 3 oz turkey breast, half of lentils. Top with 1/2 of yogurt.

Serve with green salad

Nutrition Facts

Serving Size: 1 serving (424.5g)
Servings: 1

Amount Per Serving

Calories 490 Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 70mg **25%**

Sodium 140mg **6%**

Total Carbohydrate 55g **20%**

Dietary Fiber 21g **80%**

Sugars 15g

Protein 44g

Vitamin A 20%

• Vitamin C 15%

Calcium 25%

• Iron 60%

*Percent Daily Values are based on a 2,000 calorie diet.