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▶▶▶▶ January 2013 ◀◀◀◀

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Curried Turkey Cutlets With Dried Apricots

Prep Time: 15 mins

Total Time: 30 mins

Ingredients

- 1 pounds turkey, cutlets, cut into 4 portions
- 1/4 teaspoon salt, or to taste
- pepper, black ground, to taste
- 2 teaspoon oil, olive, extra virgin
- 1/2 cup(s) onion(s), finely chopped
- 3 clove(s) garlic, minced
- 1 tablespoon ginger, fresh, minced
- 2 teaspoon curry powder, (1-2 teaspoons)
- 3/4 cup(s) juice, apple, or pineapple juice
- 1/2 cup(s) apricot(s), dried, chopped
- 1 teaspoon cornstarch
- 1 tablespoon water, cold
- 4 medium scallion(s) (green onions), thinly sliced
- 2 tablespoon mint, fresh, slivered, (optional)
- 1/4 cup(s) yogurt, low-fat plain

Preparation

1. Pat turkey cutlets dry with paper towels; sprinkle with salt and pepper. Heat oil in a large nonstick skillet over medium-high heat.
2. Add turkey and cook until browned on both sides and no longer pink in the center, 2 to 3 minutes per side. Transfer to a plate and set aside.
3. Add onion to the pan; cook, stirring, for 1 minute. Add garlic, ginger and curry; cook, stirring, until fragrant, about 30 seconds.
4. Add juice and apricots; bring to a simmer. Cook until the apricots are plump and the liquid is slightly reduced, about 3 minutes.
5. Add cornstarch mixture to the pan and cook, stirring constantly, until thickened, about 1 minute. Return the turkey and any accumulated juices to the pan.
6. Cook, turning the cutlets a few times, until coated and heated through, 1 to 2 minutes. Stir in scallions and mint (if using). Serve immediately, with a dollop of yogurt.