

Recipe Idea: Marinated Turkey Tenderloins



Serves 4-6

2 1-lb. turkey tenderloins

2 Tbsp. balsamic vinegar

2 Tbsp. extra virgin olive oil

1 Tbsp. fresh rosemary, chopped

1 Tbsp. fresh thyme, chopped

2 cloves garlic, minced

salt and freshly ground black pepper

1 Tbsp. extra virgin olive oil, for searing

Whisk to combine vinegar, olive oil, rosemary, thyme, garlic, salt and pepper in a small bowl.

Place tenderloin in a resealable plastic bag. Pour in marinade. Shake to coat. Refrigerate at least 3 hours. Preheat oven to 400 F. Line a baking sheet with aluminum foil and lightly grease it with cooking spray. Preheat 1 Tbsp. olive oil in a large skillet over medium-high heat. Discard the marinade and sear the tenderloins, several minutes on each side, until a nice crust forms. Transfer tenderloins to the prepared baking sheet and roast in preheated oven for 20-30 minutes, until a meat thermometer inserted into the thickest part registers 160-165 F (or until the juices run clear). Remove from the oven and let rest 5-10 minutes before slicing.