

November 2014 Recipe



Pomegranate-Glazed Turkey with Roasted Fennel

Pair turkey cutlets with roasted fennel and a rich pomegranate pan sauce for a simple yet elegant dish. Garnish with jewel-like fresh pomegranate seeds if available—they are in season from September through January. Turkey scaloppini (thinner and smaller than cutlets) will also work in this recipe, but will need to be cooked in batches.

Makes 4 servings

Active Time: 30 minutes

Total Time: 30 minutes

Ingredients

- 4 medium fennel bulbs, cored and thickly sliced
- 5 teaspoons canola oil, divided
- 1/2 teaspoon chopped fresh thyme, plus 1 sprig
- 1 teaspoon kosher salt, divided
- 3/4 teaspoon freshly ground pepper, divided
- 4 turkey cutlets, 1/4 inch thick (1 pound)
- 1 cup pomegranate juice
- 1/4 cup reduced-sodium chicken broth, or water
- 1 teaspoon cornstarch

Directions

1. Preheat oven to 450°F.
2. Toss fennel, 3 teaspoons oil, chopped thyme and 1/4 teaspoon each salt and pepper in a medium bowl. Spread on a rimmed baking sheet. Roast, stirring twice, until tender and golden, about 25 minutes.

3. Meanwhile, sprinkle both sides of turkey with the remaining 3/4 teaspoon salt and 1/2 teaspoon pepper. Heat the remaining 2 teaspoons oil in a large skillet over medium-high heat. Add the turkey and cook until browned, 1 to 3 minutes per side. Transfer to a plate.
4. Add pomegranate juice and thyme sprig to the pan; bring to a boil. Boil, stirring often, until reduced to 1/4 cup, 6 to 10 minutes. Discard the thyme. Whisk together broth (or water) and cornstarch; add to the pan and cook, stirring constantly, until thickened, about 15 seconds. Reduce heat to medium, return the turkey and any accumulated juices to the pan, turning to coat with sauce, and cook for 1 minute. To serve, top roasted fennel with turkey and sauce.

Nutrition information

Per serving: 287 calories; 7 g fat (0 g sat., 3 g mono); 45 mg cholesterol; 27 g carbohydrates; 0 g added sugars; 31 g protein; 7 g fiber; 513 mg sodium; 1077 mg potassium.

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