

Turkey Steaks with Pineapple-Bell Pepper Salsa



PREP TIME : 5 MIN

COOK TIME : 16 MIN

SERVES : 6

Ingredients :

Marinade

- ***1 lb (500 gr) turkey breast scallopini***
- ***1 1/2 cup (375 mL) VH® Pineapple Cooking Sauce***
- ***1 Tbsp (15 mL) VH® Soya Sauce***
- ***1 Tbsp (15 mL) vegetable oil***
- ***2 Tbsp (30mL) pineapple juice (reserved from tinned pineapple)***
- ***4 cloves garlic, minced***

Pineapple-Bell Pepper Salsa

- ***20 oz (600 mL) can of pineapple chunks, drained, reserving juice needed for marinade***
- ***1/2 cup (125 mL) roasted red peppers, drained and diced fine***
- ***1 green onion, sliced fine***
- ***2 Tbsp (30 mL) VH® Soya Sauce***
- ***1 Tbsp (15 mL) vegetable oil***

Directions :

1. ***Stir together the first 5 ingredients in a medium bowl, add turkey and coat well. Refrigerate and***



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marinate for 1 hour.

- 2. For salsa, stir all ingredients together and allow to sit for 15 minutes before serving.*
- 3. Preheat broiler, remove turkey from marinade and place turkey under broiler. Broil for 8 minutes per side or until cooked through. Brush with marinade halfway through grilling.*
- 4. Discard any remaining marinade. Serve turkey with Bell Pepper Citrus Salsa on a bed of lettuce or rice.*

This recipe is light, flavourful and healthy.