

SHEET PAN ROASTED TURKEY & VEGGIES

Bariatric, Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 6 (serving = 3 ounces turkey and 1 cup veggies)

Nutrition (per serving)

Calories: 200

Total Fat: 9 g

Saturated Fat: 1.5 g

Sodium: 270 mg

Total Carbohydrate: 7 g

Dietary Fiber: 2 g

Total Sugars: 3 g

Protein: 24 g

PREP TIME: 15 min

COOK TIME: 30 min

TOTAL TIME: 45 min

Ingredients

3 springs fresh rosemary, stems removed and chopped

2 bell peppers (1 red, 1 yellow), sliced into 2 inch chunks

1 zucchini, cut into 1 inch chunks

1 whole lemon, cut in half, divided use

1/2 red onion, cut into 1 inch chunks

1 1/4 pounds boneless turkey tenderloins

1 cup white button mushrooms, cut in half

3 tablespoons olive oil



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- 1 teaspoon garlic powder
- 1 teasspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Directions

1. Wash and dry zucchini, bell peppers, and mushrooms. Using a cutting board cut the zucchini into 1 inch chunks and set aside. Then cut bell peppers into 2 inch chunks. Then cut the red onion in half and refrigerate the unused portion. Next, cut the onion into 1 inch chunks and set aside. Lastly, cut the mushrooms in half and set aside.
2. Preheat oven to 400°F.
3. In a large bowl combine olive oil, juice from 1/2 lemon. rosemary. garlic powder, paprika, salt, and black pepper; mix well. Add bell peppers, zucchini, mushrooms, and onion to oil mixture and toss until evenly coated. Place on baking sheet. Next add turkey and toss until evenly coated. Place turkery and lemon halves on the baking sheet.
4. Cook for 25-30 minutes or until no pink remians in turkey and vegetables are tender. With a pair of tongs, squeeze roasted lemon halves over turkey and vegetables. Serve immediately.