

RECIPE: FILLET OF TURKEY WITH FRUIT

BAKING

Soy flour, 5.31 oz.

DAIRY

Unsalted butter, 0.51 oz.

FRUITS

Fruits, 2.5 cup

Fresh fruit such as peaches or plums (medium), 3

POULTRY

Turkey fillets (large), 4

SPICES & SEASONINGS

Salt, to taste

Black pepper, to taste

VEGETABLES

Red onion, 2.86 oz.

Jalapeno pepper, 0.5

Fresh cilantro, 0.07 oz.

WINE

White wine, 4 fl oz.

MISCELLANEOUS

Extra Virgin Olive Oil (suggested brand: Colavita), 3 tbsp.

Fresh lime juice, 2 tbsp.