

Bombay Broiled Turkey



PREPARATION TIME
25 minutes



COOKING TIME
10 minutes



PERFECT PARTNER
green beans



Buy the largest size container of plain yogurt and put the extra to good use. Stir 2 tablespoons of your favorite fruit preserves into 1 cup yogurt for a budget version of fruit-flavored yogurt.

SHOPPING LIST

- turkey • yogurt
- fresh ginger • lemon juice

ON HAND

- garlic • chili powder
- salt • white rice

INGREDIENTS

- 1 cup plain yogurt
- 8 cloves garlic
- 1 (1-inch) piece fresh ginger
- 1 tablespoon lemon juice
- 1½ teaspoons chili powder
- 1 teaspoon salt
- 6 turkey cutlets (4 ounces each)
- 2 cups white rice

SERVES **6**

COOKIN' *Express*

• To peel several garlic cloves at once, drop them into boiling water. Boil for 30 seconds. Drain and rinse with cold water. The skins will then slip off easily.

Make Ahead

You can make a double-batch of yogurt sauce and save the leftovers for another midweek entrée. Try on chicken cutlets or fish fillets.

♦ VARIATION

For a flavor boost, add 1 teaspoon crushed cumin seeds to the marinade in step 1.

1 Place yogurt, garlic, ginger, lemon juice, chili powder and salt in a blender. Purée until smooth.



2 Arrange turkey in a medium shallow dish. Pour yogurt mixture over turkey. Cover; refrigerate for 20 minutes.

3 Meanwhile, preheat broiler. Cook rice according to package directions. Remove turkey from yogurt mixture, reserving yogurt mixture.



4 Broil turkey for 5 minutes; turn. Brush with yogurt mixture. Broil for 5 minutes longer or until juices run clear when meat is pierced with a knife. Serve turkey with hot rice.