



Sautéed Turkey Breast with Mushrooms and Garlic

Rather than wheat flour, I turn to almond flour to coat turkey slices for quick cooking in a lovely and classic mixture of olive oil and lemon juice. The almonds add more fat grams to this recipe but because fat does not raise insulin levels or otherwise affect hormones, you stay in the Zone. Serve this with steamed broccoli and carrots, which mingle nicely with the sautéed mushrooms. For dessert? Try sliced pineapple or another fruit.

Serves 4

1 pound boneless turkey breast, pounded thin, 6 to 8 slices
½ cup almond flour, or almond meal
1 tablespoon olive oil
Juice of 1 lemon
12 white or crimini mushrooms, thinly sliced
10 shitake mushrooms
2 cloves garlic, minced
1 cup dry white wine or dry vermouth
Olive oil cooking spray

1. Score the edges of the turkey slices 2 to 4 times to prevent curling.
2. Spread the almond flour on a plate and dredge the turkey slices with it to coat both sides lightly.
3. In a large, nonstick skillet, spray the pan with olive oil, heat half the oil over medium-high heat until the oil easily coats the bottom of the pan. Sauté the turkey slices for about 7 minutes on each side, until lightly browned and cooked through. Add lemon juice and remainder of olive oil to the pan. Remove the slices as they are browned and arrange on a serving platter. Add the mushrooms and garlic to skillet and sauté for about 2 minutes. Add the wine and bring to boil over high heat, scraping up the browned pieces stuck to the bottom of the skillet with a wooden spoon. Reduce the heat to medium and simmer for about 5 minutes or until the sauce flavors are blended.
4. Pour the sauce over the turkey slices on the platter and serve.

Note: Almond flour easy to make in blender or food processor. For the ¼ cup needed here, you will need about 2 ounce of slivered almonds – although I suggest you grind a little more to be on the safe side. It is also sold in specialty stores and natural food markets. Use it within a week of grinding or buying, as it does not keep well. It may be kept in the freezer for prolonged shelf life.

Per serving: 2 grams carbohydrates; 28 grams protein; 12 grams fat