12-2011

Iowa Grilled Turkey Tenderloin

Gretta Irwin
Iowa Turkey Federation

Follow this and additional works at: http://lib.dr.iastate.edu/stories

Recommended Citation
Irwin, Gretta (2011) "Iowa Grilled Turkey Tenderloin," STORIES in Agriculture and Life Sciences: Vol. 5 : Iss. 3 , Article 32.
Available at: http://lib.dr.iastate.edu/stories/vol5/iss3/32

This Article is brought to you for free and open access by the College of Agriculture and Life Sciences at Iowa State University Digital Repository. It has been accepted for inclusion in STORIES in Agriculture and Life Sciences by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.
Iowa Grilled Turkey Tenderloin

INGREDIENTS:
1 pound turkey tenderloins
2 tablespoons lemon juice
¼ cup soy sauce
¼ cup vegetable oil
¼ cup dry sherry or red wine
2 tablespoons dehydrated onion
¼ teaspoon ginger
Dash of pepper
Dash of garlic powder

DIRECTIONS: Wash hands. Cut turkey into three to four ounce serving size. Blend all ingredients together and marinate turkey in a covered container in the refrigerator for several hours. Cook turkey as desired; grilled over hot coals six to eight minutes per side, broiled in the oven, bake, or in a table top grill. Cook until middle is no longer pink and the internal temperature reaches 170º. Serves four.