

## Turkey with creamy salsa



Serves 4

### Ingredients:

- 2 tbsp olive oil
- 500 g turkey breast slices
- ¼ tsp salt
- ¼ tsp pepper
- ½ cup salsa
- 2 tsp soy sauce
- 2 tsp lime juice
- 1 clove garlic, finely chopped
- ½ cup sour cream
- 2 green onions, sliced

**Procedure:**

- Sprinkle both sides of turkey with salt and pepper.
- Cook the turkey in a skillet in the olive oil for 3 minutes turning once until no longer pink in center.
- Remove from skillet but keep warm.
- Stir in salsa, soy sauce, lime juice and garlic into skillet.
- Heat to boiling, stirring constantly; remove from heat.
- Stir in sour cream.
- Pour sauce over turkey.

**Per serving:**

- Calories: 300
- Protein: 36 gm
- Carbohydrates: 4 gm
- Fat: 16 gm

You can vary the spiciness of the sauce by using medium or hot salsa.