



Garlic Ginger Turkey

shared by:
Fire Station 66
13900 SW Brockman St., Beaverton



At Station 66, we serve this turkey tenderloin dish along with seasonal vegetables that we stir-fry in a little sesame oil, soy sauce, and red wine vinegar along with brown rice. We like to think of it as "healthy Chinese food" that's quick and easy to prepare.

Ingredients

- 1 package (20 ounces) turkey breast tenderloins
- 3 tablespoons brown sugar, divided
- 8 teaspoons reduced-sodium soy sauce, divided
- 2 tablespoons minced fresh ginger
- 6 garlic cloves, minced
- 1/8 teaspoon red pepper flakes (optional)
- 1 tablespoon dry sherry or cooking sherry
- 1 tablespoon cornstarch
- 1 cup reduced-sodium chicken broth

Directions

Place turkey in a shallow baking dish coated with nonstick cooking spray. In a small bowl, combine 2 tablespoons brown sugar, 6 teaspoons soy sauce, ginger, garlic, and red pepper flakes. Set half aside; sprinkle remaining mixture over turkey. Bake uncovered at 375 degrees for 25 – 30 minutes or until cooked through. Let stand for 5 minutes. Slice diagonally into strips.

In a small saucepan, combine the cornstarch, sherry, and chicken broth until smooth. Stir in reserved soy sauce mixture and remaining brown sugar and soy sauce. Bring to a boil; cook and stir for 2 minutes or until thickened. Pour over the sliced turkey and serve.

Station 66 is located in a residential area in South Beaverton. The crews at Station 66 are very involved in their community, attending monthly neighborhood group meetings, providing a variety of station tours, and hosting such things as the Beaverton High School Ski Team Poinsettia Drive, Good Neighbor Good Turn Day, Scouting for Food, and the Volkswalker Program.