

Sweet ginger turkey kabobs

1 - 2lbs boneless, skinless turkey breast

0.5 - 1kg raspberry jam (or other jam/jelly)

1/2 cup (125mL) light soy sauce

1/4 cup (50mL) ginger root, grated

2 tbsp (25mL) lemon juice

2 tbsp (25mL) cloves garlic, minced



Slice turkey breast into 3/4 inch (2cm) cubes. Combine remaining ingredients and pour into a large plastic (zip-loc) bag. Mix in turkey, remove air and seal. Refrigerate for at least 2-24 hours, turn bag occasionally to ensure marinade contacts all of the meat. Place the turkey cubes onto skewers and grill 5-10 minutes over medium heat, turning occasionally. Meat is done when juices run clear. Do not overcook! To prevent sticking, spray the grill with Pam before heating. Makes 6 servings.

Nutritional information:

Per serving:

113 cal; 0.6g fat; 20mg cholesterol; 432mg sodium; 8.8g protein; 19.2g carbohydrates.

This recipe can be found at:

www.albertaturkey.com