

# **Mahogany Grilled Turkey Breast**

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**Servings: 6**

**Preparation Time: 15 minutes**

**Grill Time: 40 minutes**

**2 tablespoons molasses**

**2 tablespoons balsamic vinegar**

**1 tablespoon coarse grain mustard**

**2 teaspoons reduced-sodium Worcestershire sauce**

**1/2 teaspoon onion, chopped**

**1 (about 2 1/4 pounds) boneless/ skinless turkey breast half**

**1/2 teaspoon salt**

**1/4 teaspoon black pepper**

**6 ears corn**

**1/2 cup reduced-sodium chicken broth**

Combine the molasses, vinegar, mustard and Worcestershire sauce. Pour into a resealable plastic bag. Add the onion, garlic and turkey breast. Shake to coat the turkey and refrigerate for eight hours.

Set a gas grill to medium-high for indirect grilling or the coals in a charcoal grill to medium-hot for indirect grilling. Lightly coat the grill rack with oil or nonstick cooking spray.

Remove the turkey from the plastic bag and pour the marinade into a small saucepan. Season the turkey with 1/4 teaspoon of the salt and 1/8 teaspoon of the pepper.

Grill on indirect heat, covered, for 40 minutes, turning once or until the internal temperature reaches 160 degrees. Brush with the marinade a few times during cooking. Add the corn to the grill during the last 10 minutes of cooking time, brushing with the marinade and turning so all sides are lightly charred.

Add the broth to the remaining marinade in the saucepan and simmer for 3 minutes.

Season the turkey and corn with the remaining 1/4 teaspoon salt and 1/8 teaspoon of pepper.

Serve with the broth mixture.

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Per Serving (excluding unknown items): 22 Calories; trace Fat (8.1% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 214mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.