

# Pecan-Crusted Turkey Tenderloin with Sweet Potatoes

[Recipe](#)



## Nutrition Facts:

<b>Nutrition Facts</b>	
6 Servings	
<b>Serving Size</b>	<b>4 ounces turkey + 6 sweet potato wedges</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
<b>Total Fat</b> 10g	
Saturated Fat 1.5g	
<b>Cholesterol</b> 85mg	
<b>Sodium</b> 75mg	
<b>Total Carbohydrate</b> 14g	
Dietary Fiber 2g	
Total Sugars 2g	
<b>Protein</b> 25g	
<b>Potassium</b> 460mg	

## Preparation Time:

6 minutes

## Servings:

6

## Serving Size:

4 oz. turkey & 6 sweet potato wedges

## Ingredients:

- Non-stick cooking spray
- 1 egg
- 2 egg whites
- 1 tsp.: garlic powder
- ½ tsp.: black pepper
- 2 oz.: pecan chips
- 24 oz.: turkey breast tenderloin
- 2 sweet potatoes cut into wedges
- 1 tbsp.: olive oil
- ½ tsp.: ground cinnamon
- 2 tbsp.: Splenda brown sugar blend

## Directions:

1. Preheat oven to 350 degrees F. Spray large rectangular baking dish with nonstick cooking spray.
2. In a medium shallow bowl, whisk together egg and egg whites.
3. In another medium shallow bowl, combine garlic powder, pepper and pecans.
4. Dip turkey breast tenderloin in egg mixture and coat well. Dredge turkey in pecan mixture and cover on both sides. Place in baking dish. Discard leftover egg mixture.
5. In a medium bowl, mix together the sweet potatoes, oil, cinnamon and Splenda Brown Sugar Blend.
6. Arrange the sweet potatoes around the turkey breast tenderloin in baking dish. Bake for 50 minutes or until done (turkey breast reaches 165 degrees).