

**Turkey Medallions with Sweet Potato-Walnut Mash - Delicious Decisions**

If you crave the flavors of Thanksgiving year-round, this dish is the perfect solution. It pairs heart-healthy, quick-cooking turkey medallions with cinnamon-spiced and walnut-studded sweet potatoes for a festive one-skillet dinner that's delicious any time of year and easy enough for a weeknight.

**Ingredients**

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**Servings:** 4 **Serving Size:** 3 ounces turkey, 3/4 cup mash, and 1 tablespoon sauce

- 1/4 teaspoon salt and 1/4 teaspoon salt, divided use
- 1/4 teaspoon pepper, 1/4 teaspoon pepper, and pinch of pepper, divided use
- 1 pound turkey tenderloin, all visible fat discarded, cut crosswise into 8 medallions
- 2 teaspoons olive oil
- 2 medium sweet potatoes, peeled and thinly sliced
- 1 medium onion, thinly sliced
- 1 large Granny Smith apple, peeled and thickly sliced
- 1/4 teaspoon ground cinnamon
- 2/3 cup unsweetened apple cider or 100% apple juice and 1/4 unsweetened apple cider or 100% apple juice, divided use
- 1/4 cup chopped walnuts, dry-roasted
- 1 tablespoon coarse-grain mustard (lowest sodium available)
- 2 tablespoons minced green onions (green part only)

**Directions**

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1. Sprinkle 1/4 teaspoon salt and 1/4 teaspoon pepper over both sides of the turkey.
2. In a large skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the turkey for 2 minutes on each side, or until browned. (The turkey won't be done at this point.) Transfer to a large plate.
3. In the same skillet, stir together the sweet potatoes and onion. Reduce the heat to medium. Cook for 7 minutes, or until the onion is golden, stirring frequently.
4. Stir in the apple, cinnamon, and the remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Cook for 5 minutes, stirring frequently.
5. Place the turkey medallions among the sweet potato and apple slices. Pour in 2/3 cup cider. Bring to a boil, still over medium heat. Reduce the heat and simmer, covered, for 3 to 5 minutes, or until the turkey is no longer pink in the center and the sweet potatoes are tender. Remove from the heat. Transfer the turkey to a separate large plate, leaving the sweet potato mixture in the skillet. Cover the turkey loosely to keep warm.
6. Using a potato masher, mash the sweet potato mixture. Stir in the walnuts. Transfer the sweet potato mixture to plates.
7. Quickly pour the remaining 1/4 cup cider into the skillet, scraping to dislodge any browned bits. Stir in the mustard, green onions, and final pinch of pepper. Remove from the heat.
8. Serve the turkey on the sweet potato mixture. Drizzle the sauce over the turkey.

**Nutrition Facts**

Calories  
338 Per Serving

Protein  
31g Per Serving

Fiber  
5g Per Serving

**Nutrition Facts**

<b>Calories</b>	338
<b>Total Fat</b>	8.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	4.0 g
Monounsaturated Fat	2.5 g
<b>Cholesterol</b>	70 mg
<b>Sodium</b>	475 mg
<b>Total Carbohydrate</b>	36 g
Dietary Fiber	5 g
Sugars	17 g
<b>Protein</b>	31 g

**Dietary Exchanges**

1 1/2 starch, 3 lean meat, 1 fruit

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**References**

1. American Heart Association. 2013. Web Address: <https://recipes.heart.org/en/recipes/turkey-medallions-with-sweet-potato-walnut-mash---delicious-decisions>