AIR-FRYER SPICY TURKEY TENDERLOIN

INGREDIENTS:

- 1/2 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/4 to 1/2 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 turkey breast tenderloin (1/2 pound)
- 3 tablespoons chopped onion
- 2 tablespoons chopped jalapeno pepper
- 1 teaspoon olive oil
- 1 cup canned black beans (rinsed/drained)
- 1/2 cup frozen corn, thawed
- 3 tablespoons chopped fresh tomato
- 4 teaspoons of your favorite salsa
- 1 tablespoon minced fresh cilantro
- Lime wedges



NUTRITION PER SERVING:

- Calories: 301
- Protein 37g
- Carbs 30g
- Fiber 8g
- Sugar 5g
- Fat 4g
- Sodium 75mg

DIRECTIONS:

- Preheat air fryer to 350° for 5-10 minutes. In a small bowl, combine chili powder, cumin, salt, and cayenne. Sprinkle half the spice mixture over turkey. Place turkey on greased tray in air-fryer basket. Cook until a thermometer inserted into thickest portion reads 165°, 15-20 minutes. Let stand 10 minutes before slicing.
- Meanwhile, in a small skillet, sauté onion and jalapeno in oil until crisp-tender. Transfer to a bowl. Add beans, corn, tomato, salsa, cilantro, and remaining spice mixture. Serve turkey with salsa and lime wedges.

Makes 2 servings.

Reference: https://TasteOfHome.com