

Published August 19th, 2020

## A tasty citrus trio of flavor for your turkey tenderloin

By Susie Iventosch



Turkey is anything but boring! We love turkey and it gives chicken a break for those who don't eat red meat or pork. It's accommodating and delicious and lends itself to so many different styles of marinades, sauces or condiments. Even though turkey most often signals Thanksgiving, we love grilling up a whole turkey or tenderloins any time of the year. This recipe is simple but very flavorful and can be grilled up in a matter of minutes on the barbecue. A citrusy trio of lemon, lime, and orange juice combine with crushed pepitas, cilantro, chipotle, and cumin to create a tangy and smoky flavor. Just the smell of the marinade is delicious. Whisk a teaspoon or so of cornstarch into the reserved marinade and boil until slightly thickened for a perfect finishing sauce.

Citrus Turkey Tenderloin Photo Susie Iventosch

Citrus Turkey Tenderloin

(Serves 4 as a main course)

### INGREDIENTS

2 lbs. turkey tenderloin

Marinade:

2 tablespoons olive oil

1/2 cup fresh-squeezed orange juice

1/4 cup fresh-squeezed lime juice

1/4 cup fresh-squeezed lemon juice

2 tablespoons minced cilantro leaves

1/4 cup roasted pepitas (green pumpkin seeds), pureed in the food processor

2 garlic cloves, minced

1 teaspoon sea salt

1 teaspoon chipotle powder

1 teaspoon ground cumin

1/2 teaspoon cayenne pepper

1/2 teaspoon chili powder

1 teaspoon oregano

1 teaspoon black pepper

1 teaspoon cornstarch for final sauce

### DIRECTIONS

Mix all marinade ingredients except the cornstarch in a mixing bowl. Stir with a whisk to combine well. Set aside 1/2 cup of the marinade for the glaze.

Cut tenderloin in half lengthwise (i.e. butterfly the tenderloin). Place in a container with a tight-fitting lid. Pour marinade over tenderloin and marinate for at least 2 hours.

When ready to grill, preheat grill to medium-hot. Remove turkey from marinade and place directly on grill and cook for about 5 minutes per side, or until a meat thermometer registers 165 F when inserted into the center of the tenderloin.

Meanwhile, heat remaining marinade in a small sauce pan. Slowly whisk in cornstarch and cook, stirring all the while, until sauce thickens slightly to coat the back of a spoon. This makes a perfect glaze for the tenderloin.

Remove meat from grill and drizzle glaze over meat.



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