



Garlic Turkey Cutlets

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
4 People	10 MIN	12 MIN		10

Garlic turkey cutlets are a quick and flavorful main dish made with thin turkey cutlets cooked in a rich garlic-infused pan sauce. They are tender, juicy, and perfect for easy weeknight meals when you want something light but satisfying. This simple recipe uses a handful of ingredients and cooks fast, making it ideal for busy days. The garlic adds bold flavor while keeping the dish versatile enough to pair with vegetables, grains, or salads.

Ingredients

- 4 turkey cutlets
- 4 garlic cloves, minced
- 2 tablespoons olive oil or butter
- 1 tablespoon lemon juice
- Salt and pepper to taste
- 1 teaspoon paprika (*optional*)
- 1 tablespoon fresh parsley (*optional*)

Recipe Summary

- Prep Time: 10 minutes
- Cook Time: 10-12 minutes
- Total Time: 20-22 minutes
- Servings: 4
- Course: Main Dish
- Cuisine: American

Cooking Method

Instructions

1. Pat the turkey cutlets dry with paper towels.
2. Season both sides with salt, pepper, and paprika if using.
3. Heat olive oil or butter in a large skillet over medium heat.
4. Add the turkey cutlets and cook for **3-4 minutes per side** until lightly golden and cooked through.
5. Reduce heat slightly and add the garlic.
6. Cook for **30-60 seconds** until fragrant, then add lemon juice.
7. Spoon the garlic mixture over the turkey cutlets.
8. Remove from heat, garnish with parsley, and serve warm.

Cooking Tips

- Thin cutlets cook quickly, so avoid overcooking
- Add garlic near the end so it does not burn
- Let the turkey rest for a couple of minutes before serving

Variations

- Add a little butter for richer flavor
- Use Italian herbs for extra aroma
- Add chili flakes for a spicy version
- Make it creamy with a splash of cream at the end

What to Serve with Garlic Turkey Cutlets

- Roasted vegetables
- Mashed potatoes
- Rice or quinoa
- Fresh salad

Storage

Store leftovers in an airtight container in the refrigerator for up to **3 days**.

Reheating

Reheat gently in a skillet or microwave to keep the turkey tender.

Frequently Asked Questions

Are turkey cutlets healthy?

Yes, they are a lean source of protein and cook quickly.

Can I use chicken instead?

Yes, thin chicken cutlets work well in this recipe.

How do I keep turkey cutlets from drying out?

Cook them quickly over medium heat and avoid overcooking.

Recipe Author

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Generated on: Jul 11, 2026 02:54

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