

Stuffed Turkey Breast with Light Sauce

Serving Size: 1/6 of the recipe

Serves: 6

Ingredients

2 tablespoons butter
1 small onion, chopped
3 stalks celery, chopped
2 cloves garlic, minced
2 teaspoons fresh sage
2 teaspoons fresh thyme
¼ cup chopped walnuts
¼ cup unsalted pumpkin seeds
¼ cup diced dried cranberries
1 cup low sodium chicken broth
4 cups wheat bread crumbs
6 – 6oz slices turkey breast
Pinch of salt and pepper to taste
1 tablespoon light olive oil
½ cup onions, diced
1 tablespoon flour
1 cup low sodium chicken broth
¼ cup diced dried cranberries
2 tablespoons chopped fresh parsley

Directions

Preheat the oven to 350 degrees F.

Melt the butter in a large saucepan over medium heat. Add the onion and celery and sauté until onion is tender, about 5 minutes. Add the garlic, sage, thyme, walnuts, pumpkin seeds and cranberries; sauté and stir until fragrant, about 1 minute more. Add the chicken broth. Bring to a boil and remove from heat. Gently stir in the bread crumbs and set aside. Slice the turkey breast into ½ inch slices. Pound to ¼ inch thickness. Season with salt and pepper.

Spoon some of the stuffing onto each turkey slice. Roll up and pin with a toothpick. Gently brown each roll in a heavy oven proof skillet, carefully turning to brown each side. Finish in the oven for 20 – 25 minutes or until an internal temperature of 165 degrees F.

Meanwhile, prepare the sauce. Heat the olive oil. Sauté the onion until tender. Stir in the flour until moistened. Stir in the broth. Add the cranberries and parsley. Stir continuously over medium high heat until sauce thickens.

Remove the turkey from the oven. Top with a little sauce and serve.

Exchanges per serving:

5 Lean Meats, 1 Starch, 3 Vegetables

Nutrients per serving:

Calories: 444

Calories from fat: 127
Total Fat: 15g
Saturated Fat: 4g
Cholesterol: 114mg
Sodium: 373mg
Carbohydrate: 30g
Dietary Fiber: 3g
Protein: 48g