



TURKEY VEGETABLE ROLL

INGREDIENTS

1 lb. turkey breast
 1 sweet potato, peeled and sliced thinly
 1 cup fresh whole-leaf spinach
 1/4 cup frozen unsweetened cherries
 1/4 cup pecans, chopped
 2 cloves garlic, minced
 1/4 cup goat or feta cheese
 2 tbsp. rice flour
 Spray or pump olive oil
 Salt and pepper to taste

**BRENDA'S
TIP**

You can substitute any of your favorite vegetables or even fruit for the roll filling. Try making several versions with different stuffing ingredients for a party.

DIRECTIONS

Preheat oven to 375°.

Lay turkey breast on cutting board or firm surface. Cover with plastic wrap or waxed paper and pound very thin with a flat meat mallet; sprinkle lightly with salt and pepper.

Layer the turkey breast with sweet potato slices, spinach, cherries, pecans, garlic, and cheese.

Roll tightly, tie with string and dust with rice flour.

Spray skillet with olive oil, heat to medium.

Add the turkey roll and braise until brown on all sides

Place covered skillet in oven and bake for 30 to 45 minutes or until cooked through.

Remove from oven and allow to rest for 10 minutes before slicing.

May be served plain or with your choice of vegetables.



CALORIES: 396 • **PROTEIN:** 36 grams • **FIBER:** 3 grams
SERVING SIZE: 1/4 recipe • **SERVES:** 4