

## Turkey Breast Roulade with Spinach and Pine Nuts

*If you're looking for a great recipe for a classic whole roasted turkey instead, see recipe at end.*

4-5 lb. Diestel boneless turkey breast filet tenders  
1 package frozen spinach, defrosted and drained of all liquid  
2 T. olive oil  
2 T. butter  
1 medium onion, diced  
3 cloves garlic, minced  
1/2 c. pine nuts  
4 oz. feta cheese, crumbled  
1/2 c. fresh bread crumbs  
1/2 t. sea salt  
1/4 t. fresh ground black pepper  
butcher twine

### For roasting pan:

1 medium onion, sliced  
1 carrot, sliced  
1 stalk of celery, sliced  
2 cups chicken stock  
1 cup white wine

- 1) Using a sharp knife cut each turkey breast tender lengthwise from the thin end towards the thick end creating a flap. Reverse direction and cut into the filet creating a second flap (the 2 flaps should be connected by the center of the breast). Using a meat pounder flatten out the butterflied breast tenders so they lay flat. Set aside for stuffing.
- 2) In a sauté pan heat olive oil and butter and sauté the onion until translucent. Add the garlic and pine nuts and sauté for an additional minute. Cool and mix in a bowl with the spinach, feta cheese, bread crumbs, salt and pepper. Mix well and adjust seasonings if needed.
- 3) To stuff the filets, season inside with salt and pepper. Place the stuffing onto the turkey leaving a 1-inch border free of any stuffing. Carefully roll the turkey into a cylinder shape making sure to keep the stuffing from falling out. Use the butcher twine to tie the breasts in several places. You can stuff the filets up to 1 day in advance. Allow stuffed filets to sit for 45 minutes prior to roasting. Season the outside before roasting.
- 4) Preheat oven to 400°F. Place stuffed filets on a roasting rack in a roasting pan or dish. To the bottom of the pan add the onion, carrot, celery, stock and wine. Place in oven and roast for 60-75 minutes, basting with the pan liquids every 15 minutes (timing will vary depending upon the size of the filets). Internal temperature should read 160°F when done. Remove from oven and rest for 15 minutes before slicing.
- 5) Place the vegetables and liquids from the roasting pan into a saucepan and add more stock or wine if needed. Bring to a good boil and season with salt and pepper. Puree the sauce until smooth and strain. Slice turkey and serve with pan sauce.

Nutrition (per serving, based on 12 servings, turkey roulade and sauce): 313 calories; 38% calories from fat; 13.2g total fat (4.1g sat fat); 80mg cholesterol; 477mg sodium; 698mg potassium; 15.0g carbohydrates; 2.5g fiber; 8.3g sugar; 12.5g net carbs; 30.5g protein.

### Shopping List

#### Organic Produce

onion  
garlic  
carrot  
celery

#### Dairy

butter  
feta cheese

**Meat and Poultry**

Diestel turkey breast

**Frozen**

spinach

**Pantry**

olive oil  
bread crumbs  
white wine  
chicken stock  
butcher twine

**Bulk**

pine nuts  
sea salt  
pepper