



Golden Roasted Turkey Breast with Orange Zest, Spinach & Sun-Dried Tomato Stuffing

SERVES 4 | SERVING SIZE 1/4 RECIPE | EXCHANGES 1 VEGETABLE, 3 LEAN MEAT

You don't need to cook an entire turkey to enjoy Thanksgiving! Check out delicious and beautiful option. This stuffing recipe can also double as a side dish or can be tossed with pasta for a quick meal.

Stuffing

- 1 tablespoon extra virgin olive oil
- 1/2 cup finely chopped onion
- 1 cup plus 2 tablespoons no-salt-added chicken or vegetable stock (divided use)
- 2 cups chopped mushrooms
- 2 garlic cloves, finely minced
- 2 cups packed baby spinach leaves
- 2 tablespoons sun-dried tomatoes (not in oil), chopped
- 1 teaspoon grated orange zest
- 1/4 cup fresh basil
- Freshly ground pepper
- 1–1 1/4 pounds boneless turkey breast with skin, aka turkey london broil

1. In sauté pan combine olive oil, onion, and stock. Cook, stirring over low heat, until onion is tender. This will take about 5 minutes.
2. Add the mushrooms and cook, stirring until tender and moisture has evaporated, approximately 3–5 minutes.
3. Add garlic and cook about 1 minute. Stir in spinach and cook, stirring until wilted, about 1 minute.
4. Add sun-dried tomatoes, orange zest, basil, and a grinding of fresh black pepper. Remove from heat. Cool.
5. Stuff mixture under the skin of turkey breast. Place in roasting pan and pour 1 cup additional stock or wine over turkey breast. Refrigerate until ready to roast.
6. Roast in a 375°F convection oven (25–30 minutes) or a 400°F standard oven (40–45 minutes) until internal temperature reaches 165°F. Can be basted with pan juices during roasting. Remove skin before serving.

Calories 180 | calories from fat 55 | Total fat 6.0 g | saturated fat 1.3 g | trans fat 0.0 g | Cholesterol 50 mg | Sodium 255 mg | Potassium 660 mg | Total carbohydrate 6 g | dietary fiber 2g | sugars 3g | Protein 25 g | Phosphorus 230g