



Zesty Stuffed Turkey

SERVINGS: 6

PREPPING TIME: 15 MINS

COOKING TIME: 30-40 MINS

INGREDIENTS

1 Tbsp. olive oil
 1/4 cup onion, finely chopped
 1 clove garlic, minced
 1 cup fresh spinach, chopped
 1/2 cup mushrooms, finely chopped
 1/2 cup cooked quinoa
 1/4 cup low-fat plain Greek yogurt
 1/4 cup low-sodium chicken broth
 1 tsp. dried thyme
 Zest of 1/2 lemon
 1/3 cup dried cranberries, chopped
 Salt and pepper, to taste
 1 lb. turkey breast (boneless, skinless)
 1/2 tsp. Paprika

Gravy:

1 small onion, finely chopped
 2 cloves garlic, minced
 2 cups low-sodium chicken broth
 1 tbsp. low-sodium soy sauce
 1 tsp. dried thyme or sage
 1/4 cup whole wheat flour
 1/2 cup unsweetened almond milk
 Freshly ground black pepper, to taste

DIRECTIONS

1. Preheat the oven to 375°F (190°C).
2. Heat 1/2 tbsp. of olive oil in a skillet over medium heat. Sauté chopped onion and garlic until translucent. Add mushrooms, spinach, and broth, cooking until the spinach wilts. Stir in the cooked quinoa and Greek yogurt, mixing thoroughly. Season with thyme, salt, pepper, lemon zest, and cranberries. Remove from heat and let the mixture cool.
3. Lay the turkey breast flat on a cutting board. Slice it open carefully, creating a pocket for the stuffing. Season the inside with salt and pepper.
4. Fill the turkey breast with the prepared stuffing, spreading it evenly. Close the turkey breast and secure it with kitchen twine or toothpicks.
5. Place the stuffed turkey breast in a small oven-safe dish. Drizzle with the remaining olive oil and sprinkle with paprika, salt, and pepper. Rub the seasonings evenly over the surface.
6. Transfer the dish to the oven and bake for about 30 minutes. Cover with foil, turn off the oven, and let the dish sit in the warm oven for 10 minutes. Check for doneness (internal temperature should reach 165°F or 75°C).
7. Remove the turkey from the oven and let it rest for a few minutes before slicing. Serve warm, garnished with fresh herbs if desired.

Gravy Directions:

1. Spray cooking spray in a medium-sized saucepan over medium heat. Add the chopped onion and sauté for about 3-4 minutes until softened.
2. Add minced garlic and cook for an additional 30 seconds until fragrant.
3. Sprinkle flour over the onion and garlic mixture, stirring constantly to make a roux. Cook for 1-2 minutes to eliminate the raw flour taste.
4. Gradually whisk in the low-sodium vegetable broth, stirring to prevent lumps.
5. Add dried thyme (or sage), low-sodium soy sauce (if using), and almond milk. Stir well.
6. Bring the mixture to a gentle simmer, stirring frequently. Cook for about 5-7 minutes until the gravy thickens.

NUTRITION

Serving size: 3 slices of turkey with gravy
 (per serving) 201.8 calories, 4.7g fat, 0.9g saturated fat, 37.2mg cholesterol, 218.2mg sodium, 18.8g carbohydrate, 2.2g fiber, 8.1g sugar, 22.7g protein