



TURKEY ROULADE WITH APPLE AND CRANBERRY

Recipe from "Diabetes Meals by the Plate"

INGREDIENTS

2 slices bacon, chopped
1 cup onion, chopped
½ cup celery, chopped
1 tablespoon fresh rosemary
1 teaspoon ground sage
1 teaspoon thyme
1 teaspoon salt
¾ teaspoon black pepper
2 to 3 sprigs rosemary
1½ cups low-sodium, fat-free chicken broth
2 cups apples, peeled and chopped
½ cup dried cranberries
2 full turkey breasts
1 tablespoon olive oil
1 tablespoon cornstarch



INSTRUCTIONS

1. Preheat oven to 325°.
2. Cook bacon in large skillet about 7 minutes or until brown.
3. Stir in onion, celery, rosemary, sage, thyme, ¼ teaspoon salt and ¼ teaspoon pepper.
4. Cook 7 to 8 minutes or until onion begins to brown.
5. Stir in 1 cup broth, apples and cranberries.
6. Bring to a boil. Reduce heat and simmer until liquid evaporates, about 12 to 15 minutes. Remove from heat and allow to cool.
7. Slice turkey breast lengthwise, cutting to but not through the other side.
8. Open the two breast halves and press flat between two pieces of plastic wrap. Pound to ½-inch thickness.
9. Sprinkle flattened turkey with remaining salt and pepper, covering both sides.
10. Spread one-third of the apple mixture over each tenderloin.

Nutrition facts

Serving size: 2 to 3 slices

Calories: 186
Carbohydrate: 13 g
Total fat: 7 g
Protein: 15 g
Sodium: 471 mg

11. Roll turkey breast like a jelly roll, starting with the long sides. Secure with twine for cooking.
12. Heat a large skillet over medium high heat. Place turkey in the pan and brown all sides.
13. Add remaining ½ cup of broth and rosemary sprigs and bring to a boil.
14. Place turkey in an oven-safe dish. Cover and bake for 25 minutes or until a meat thermometer reads 165°.
15. Let the meat rest for 10 minutes before slicing into ½-inch-thick pieces.
16. Strain cooking liquid and discard solids. Combine cornstarch and cooking liquid and whisk until smooth.
17. Add reserved apple mixture and bring to a boil. Stir until desired thickness and remove from heat.
18. Serve with turkey.

Makes 8 servings.