



Turkey Rolls with Cranberry Sauce

4 servings

1 hour 10 minutes

Ingredients

1 1/2 tps Extra Virgin Olive Oil
4 cups Baby Spinach
2 lbs Turkey Breast
1/2 cup Goat Cheese (crumbled)
Sea Salt & Black Pepper (to taste)
1/2 cup Vegetable Broth
2 cups Frozen Cranberries (diced)
1 Navel Orange (juiced)
1 tbsp Raw Honey
Twine

Nutrition

Amount per serving	
Calories	372
Fat	10g
Saturated	3g
Trans	0g
Polyunsaturated	2g
Monounsaturated	3g
Carbs	16g
Fiber	3g
Sugar	10g
Protein	56g

Notes

Get Creative: Roll the turkey with your favorite stuffing instead of spinach and goat cheese.

Keep it Simple: Reduce prep time by skipping the roll up, baking turkey breast on their own and serving the spinach and goat cheese on the side.

Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Heat olive oil in a skillet over medium heat. Add baby spinach and saute until wilted. Once wilted, remove from heat.
- 3 Use a meat mallet to pound the turkey breasts into a thin layer. This will make it easier to roll.
- 4 Place a large piece of parchment paper across your counter. Cut 8 long strings of twine and lay them in pairs across the parchment paper, about 1 inch apart. Place each turkey breast across two pieces of twine. Season the turkey with sea salt and black pepper.
- 5 Spread your goat cheese across each turkey breast leaving a 1/2 inch border all the way around. Add the wilted spinach. Roll up each turkey breast and tie the twine around it into a tight knot. Trim the excess twine and discard. Season with salt and pepper.
- 6 Add the broth to a baking dish to cover the bottom. Set the rolled turkey breasts inside. Cook in the oven for 35 to 45 minutes or until cooked through.
- 7 Meanwhile, start the cranberry sauce. Combine cranberries, orange juice and honey in a sauce pan. Place over medium heat and stir occasionally for about 15 minutes or the sauce thickens. Reduce heat to low and cover until ready to serve. Add a few splashes of water if the sauce becomes too thick.
- 8 Remove the turkey and let it rest for 10 minutes. Remove the twine. Slice into 2 inch thick medallions. Drizzle with cranberry sauce. Enjoy!