

Turkey Breast Stuffed with Sausage, Garlic and Spinach

Relish Magazine

Servings: 16

*1 pound sweet Italian sausage, removed from casings
1 medium onion, chopped
1 tablespoon fennel seeds
4 cloves garlic, minced
3 cups 1/2-inch bread cubes
1 box (10 ounce) frozen spinach, thawed and squeezed dry
1/2 to 1 cup reduced-sodium chicken broth
1 egg
2 two-pound-each boneless turkey breast halves, skin on
1 teaspoon salt
freshly ground black pepper
olive oil*

Preheat the oven to 350 degrees.

In a large skillet, cook the sausage, onion, fennel and garlic until the sausage is no longer pink, about 10 minutes. Toss with the bread cubes, spinach, broth and egg. Mix well.

Make a large pocket-like slit in each turkey half. Spoon in half of the spinach mixture. Tie with kitchen twine. Brush with oil. Sprinkle with salt and pepper. Place in a roasting pan. Repeat with the remaining turkey and stuffing or place the remaining spinach mixture in a greased baking dish.

Bake the turkey breasts (or extra stuffing) for 35 to 45 minutes or until a meat thermometer inserted into the thickest part of the breast registers 160 degrees.

Let stand for 10 minutes. Remove the twine and slice the turkey.

Serve hot or room temperature. Spoon pan juices over the sliced turkey. Serve extra stuffing on the side.

There is enough stuffing for two turkey breasts. If making just one, bake the remaining stuffing in a pan.

Per Serving (excluding unknown items): 12 Calories; trace Fat (28.5% calories from fat); 1g Protein; 1g Carbohydrate; 1g Dietary Fiber; 13mg Cholesterol; 145mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat.

Turkey

Per Serving Nutritional Analysis

Calories (kcal):	12	Vitamin B6 (mg):	trace
% Calories from Fat:	28.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	44.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	26.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	14mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	13mg	% Refused:	0.00%
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	145mg	Vegetable:	0
Potassium (mg):	56mg	Fruit:	0
Calcium (mg):	20mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	3mg		
Vitamin A (i.u.):	772IU		
Vitamin A (r.e.):	80RE		

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories	12	Calories from Fat:	3
% Daily Values*			
Total Fat	trace		1%
Saturated Fat	trace		1%
Cholesterol	13mg		4%
Sodium	145mg		6%
Total Carbohydrates	1g		0%
Dietary Fiber	1g		2%
Protein	1g		
Vitamin A			15%
Vitamin C			5%
Calcium			2%
Iron			2%

* Percent Daily Values are based on a 2000 calorie diet.