

Turkey Roulade

Dash Magazine - December 2012

Servings: 6

*6 slices thick-cut bacon, divided
1 cup mushrooms, coarsely chopped
1/2 cup shallots, chopped
2 teaspoons fresh rosemary, divided
2 small (1-1/2 pound ea) boneless turkey breast halves
1 teaspoon salt, divided
1/4 teaspoon black pepper
3 tablespoons canola oil, divided
6 small red-skinned potatoes, peeled and trimmed
6 large carrots, peeled and sliced or quartered lengthwise*

Preparation Time: 20 minutes

Bake: 50 minutes

Preheat the oven to 375 degrees.

Dice three slices of bacon. In a large skillet, cook until crisp. Remove with a slotted spoon. Drain on paper towels.

Add the mushrooms and shallots to the skillet and cook for 6 minutes. Add one teaspoon of the rosemary.

Slice the turkey breasts in half lengthwise and open flat. Place wax paper over each and pound very thin. Spread the sautee'd mixture on the turkey and roll up, starting with the long sides. Tie with kitchen string at one-inch intervals. Sprinkle with 1/2 teaspoon of the salt and the pepper.

Saute' the turkey in two tablespoons of the canola oil in a Dutch oven for 5 minutes, carefully turning a few times to brown evenly.

Arrange the remaining bacon pieces on top of the turkey. Place the vegetables around it. Drizzle with one tablespoon of the oil. Sprinkle with 1/2 teaspoon of the salt and one teaspoon of the rosemary.

Bake for about 50 minutes or until an instant-read thermometer inserted into the thickest part of the turkey registers 160 degrees.

Start to Finish Time: 1 hour 10 minutes

Per Serving (excluding unknown items): 104 Calories; 7g Fat (57.8% calories from fat); 1g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 383mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 1 1/2 Fat.

Turkey

Per Serving Nutritional Analysis

Calories (kcal):	104	Vitamin B6 (mg):	.1mg
% Calories from Fat:	57.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	37.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	7g	Folacin (mcg):	17mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	0.0%
Carbohydrate (g):	10g		
Dietary Fiber (g):	2g		
Protein (g):	1g		
Sodium (mg):	383mg		
Potassium (mg):	323mg		
Calcium (mg):	28mg		
Iron (mg):	1mg		
Zinc (mg):	trace		
Vitamin C (mg):	8mg		
Vitamin A (i.u.):	21923IU		
Vitamin A (r.e.):	2192RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	2
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 104 **Calories from Fat:** 60

% Daily Values*

Total Fat 7g	11%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 383mg	16%
Total Carbohydrates 10g	3%
Dietary Fiber 2g	9%
Protein 1g	
Vitamin A	438%
Vitamin C	14%
Calcium	3%
Iron	4%

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