

Oat Crusted Turkey Roulade

Ingredients

5 2/3 lbs. Golden Delicious Apples - Peeled, Cored, Diced 1/4"
2 1/2 oz. Shallots - Fresh, Diced 1/4"
1 Tbsp Olive Oil
1/2 lb. Baby Spinach - Fresh
1/4 Cup Apple Juice - Canned
1 3/4 oz. Quick Oats
1 3/4 oz. Quick Cream of Wheat Cereal
1 3/4 oz. Yellow Cornmeal
1 Tbsp Salt Free Lemon Pepper Blend
1 1/2 lb. Turkey Breast Cutlet – Raw, 4 oz. pounded to 1/8"
1/4 Cup Olive Oil

Nutrition Facts (per serving)

Calories	297
Fat (g)	12.7
Saturated Fat (g)	1.9
Cholesterol (mg)	31
Sodium (mg)	411
Carbohydrate (g)	26.9
Fiber (g)	0
Protein (g)	20.6
Calcium (mg)	83

Preparation

Combine apples, shallots and 1st listed olive oil. Toss to evenly coat. Place in a single layer on sheet pans. Roast in a 350 degree F. convection oven for 6 to 8 minutes.

Add spinach. Wilt in oven for 3 minutes.

Stir in apple juice to deglaze pan.

In a bowl, combine oats, cream of wheat, cornmeal and lemon pepper. Mix well. Add 1/3 of oat mixture to spinach mixture to make stuffing. Toss until well-combined. (Reserve remaining oat mixture for breading.)

Portion stuffing in center of each turkey cutlet. Roll up tightly. Place finished roulade in reserved oat mixture. Coat well.

Heat a 14" saute pan. Add 2nd listed olive oil. Brown roulades lightly on all sides. Finish in a 350 degree F. convection oven for 10 minutes or until minimum internal temperature is 165 degrees F.

Cut finished roulade at a 45 degree angle. Serve 2 roulade halves

Serves 6

Portion: 1 Roulade (8 oz)

