

TURKEY BREAST WITH LEEK AND OATMEAL STUFFING

INGREDIENTS

1 Tbsp/ 15 ml olive oil
½ yellow onion, peeled and chopped
1 small leek, well rinsed and chopped
¼ cup/ 60 ml rolled oats
½ tsp/ 2.5 ml dried sage
½ cup/ 120 ml dried rosemary
½ cup/120 ml dried thyme
Sea salt and black pepper
1 boneless, skinless turkey breast, approximately 3 pounds

PREPARATION

1. In medium skillet coated with olive oil, sauté onion and leek until soft. Be careful not to burn. Add oatmeal, herbs, spices, salt and pepper, and stir. Let stuffing mixture cool slightly.
2. Butterfly the turkey breast to create a pocket in which to place the stuffing. Fill the pocket with the stuffing mixture. Use kitchen twine to tie the breast if necessary.
3. Place in shallow roasting pan and cover with parchment paper. Bake at 350 F/ 177 C for about 60 minutes, depending on size of breast. Serve immediately.

NUTRITIONAL VALUE PER SERVING 8 servings

*Calories: 202/Calories from fat: 30/Protein: 31g/Carbs: 11g/Dietary Fiber: 4.5g/Sugars: 0.56g/Fat: 3g/
Sodium: 122mg*