

# Turkey Rolls with Cranberry Sauce

4 SERVINGS 1 HOUR 10 MINUTES



## INGREDIENTS

1 1/2 tsps 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 Organic Vegetable Broth  
2 cups Frozen Cranberries (diced)  
1 Navel Orange (juiced)  
1 tbsp Raw Honey  
Twine

## NUTRITION

### AMOUNT PER SERVING

Calories	372	Calcium	80mg
Fat	10g	Iron	3mg
Carbs	16g	Vitamin D	16IU
Fiber	3g	Vitamin E	2mg
Sugar	10g	Vitamin B6	2.0mg
Protein	56g	Folate	86µg
Potassium	876mg	Vitamin B12	3.1µg
Vitamin A	3033IU	Zinc	3mg
Vitamin C	36mg	Selenium	50µg

## DIRECTIONS

- 01 Preheat the oven to 425°F (218°C).
- 02 Heat olive oil in a skillet over medium heat. Add baby spinach and saute until wilted. Once wilted, remove from heat.
- 03 Use a meat mallet to pound the turkey breasts into a thin layer. This will make it easier to roll.
- 04 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.
- 05 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.
- 06 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.
- 07 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.
- 08 Remove the turkey and let it rest for 10 minutes. Remove the twine. Slice into 2 inch thick medallions. Drizzle with cranberry sauce. Enjoy!

## 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.

