Fit & Flavorful
Turkey Roulade
Recipe by Executive Chef Mark Beland

Calories: 170  Protein: 30g  Carbohydrates: 5g  Total Fat: 3g  Saturated Fat: 1g  Unsaturated Fat: 2g  Trans Fat: 0g  Sodium: 87mg  Fiber: 2g

Yield: 4
Mayo Clinic Exchange: 1 ½ protein

Ingredients
1 c. yellow onion, sliced
1 tsp. olive oil
1 turkey breast (approx. 18 oz. raw)
1 Tbsp. black pepper
1 Tbsp. paprika
2 Tbsp. roasted garlic
1 tsp. fennel seed, ground
1 Tbsp. fresh thyme
1 Tbsp. fresh sage, minced

Preparation
Sauté sliced onion in olive oil for 15 minutes, until deep brown. Butterfly turkey breast, remove skin and rib cage. Season both sides with paprika and pepper. Distribute garlic, fennel, herbs and caramelized onions on one side of flattened breast. Roll breast, keeping tight as possible, tie or truss with butchers twine. Bake at 350 degrees for 60-80 minutes, until internal temperature of 165 degrees. Let rest covered lightly with foil for 20 minutes before slicing.