

Stuffed Turkey with Leek Wild Rice

Ask your butcher to bone out a turkey breast leaving the skin on. Then, cut it into two halves and butterfly it so it's all about the same thickness.

Makes 10 servings.



	Nonstick cooking spray	
2	large yellow onions, 1 finely chopped, the other cut into thin slices	2
6 oz	mild Italian turkey sausage in bulk	168 g
1/4 cup	dried sweetened cranberries	60 ml
2	large egg whites	2
1	small tart apple, peeled, cored and cut into 1/4-inch dice	1
2 tsp	chopped fresh rosemary or 1/2 tsp dried	10 ml
1/2 cup	chopped fresh parsley, divided	120 ml
2 tsp	kosher salt, divided	10 ml
1 tsp	ground black pepper, divided	5 ml

3 lbs	boneless turkey breast with skin, divided in half	1.35 kg
1-1/2 cups	wild rice	360 ml
1-1/2 cups	brown rice	360 ml
8 cups	sodium-reduced chicken broth, divided	2 L
1 tbsp	extra-virgin olive oil	15 ml
2	large leeks, chopped and divided in half	2
1/4 cup	dry red wine	60 ml

Directions

- 1 Preheat oven to 500°F. Spray a skillet with spray and warm on medium-high. Add onion and cook, stirring frequently, until lightly golden about 8 minutes. Scrape onions into a large bowl and add sausage, cranberries, egg whites, apple, rosemary, 1/4 cup of parsley, 1 tsp salt and 1/2 tsp pepper. Mix lightly.
- 2 Place turkey pieces on a work surface, skin side down. Spoon half sausage mixture lengthwise down the length of turkey breast, keeping an inch on all sides clear. Fold turkey breast up and over to enclose filling and tie with kitchen string at 1" intervals. Repeat with the other piece of turkey and the stuffing.
- 3 Place turkey rolls seam side down (skin side up) on a 15x10" heavy rimmed baking sheet and sprinkle onion pieces around it. Lightly spray turkey and onions with nonstick spray. Roast 25 minutes or until turkey is golden brown. Reduce

oven temp to 325°F and roast an additional 20 to 25 minutes or until an instant read thermometer inserted in center reads 165-170°F.

- 4 Let rolls rest 15 minutes before slicing into 5 slices.
- 5 Combine rice and 6 cups of broth in a large saucepan over high heat. Bring to a boil, cover and reduce heat to a simmer. Let simmer 15 minutes, then, stir in brown rice. Simmer 45 minutes more or until rice has just cracked open. Before rice has finished cooking, heat the tablespoon of oil in a large saucepan over medium heat. Add leeks and cook, stirring frequently, until tender about 5 minutes. Stir into rice mixture along with 1/4 cup remaining parsley, 1 tsp salt, and 1/2 tsp ground black pepper.
- 6 While the turkey is resting, make a pan gravy. Place roasting pan over 2 burners set on high. Pour in the wine and deglaze the pan, scraping up all the browned bits. Let simmer until almost completely reduced. Pour in the 2 cups of remaining broth and simmer, stirring occasionally, until mixture has reduced slightly, about 8 minutes. Season with salt and pepper and strain into gravy boat. Serve.

K-Count: 5

Calories: 494

Carbs: 50.2g

Proteins: 43.4g

Fats: 12.4g

Recipe courtesy of Kinetix