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Spiral Stuffed Turkey Breast With Cider Gravy

Prep Time: 30 mins

Cook Time: 1 h 15 mins

Total Time: 1 h 45 mins

Ingredients

2 teaspoon oil, olive, extra-virgin
1 cup(s) onion(s)
1/2 cup(s) celery
2 clove(s) garlic
1/2 cup(s) bread crumbs, soft whole-wheat
3 tablespoon parsley, fresh
1 tablespoon thyme, fresh
1 1/2 teaspoon sage, fresh
1/4 teaspoon salt
pepper, black ground
2 pounds turkey, breast halves
1/4 teaspoon salt
pepper, black ground
4 teaspoon oil, olive, extra-virgin
1 cup(s) apple cider
1/2 cup(s) broth, chicken, less sodium
1 cup(s) onion(s)
2 clove(s) garlic
8 sprig(s) thyme, fresh
4 teaspoon cornstarch
2 tablespoon water
1/4 cup(s) sour cream, reduced-fat
1 1/2 teaspoon mustard, Dijon
1 teaspoon lemon juice

Preparation

Preheat oven to 300°F.



Quick Info:

8 Servings

Contains Wheat/Gluten

Contains Dairy

Nutritional Info (Per serving):

Calories: 222, Saturated Fat: 1g, Sodium: 248mg, Dietary Fiber: 2g, Total Fat: 5g, Carbs: 13g, Cholesterol: 74mg, Protein: 29g

Carb Choices: 1

Recipe Source:

EatingWell.com

To prepare stuffing: Heat oil in a medium nonstick skillet over medium heat. Add onion and celery; cook, stirring often, until softened, 2 to 4 minutes.

Add garlic and cook, stirring, for 30 seconds. Remove from heat and stir in breadcrumbs, parsley, thyme, sage, 1/4 teaspoon salt and pepper.

To prepare turkey: Remove skin from turkey breast and trim off fat. Butterfly the turkey breast (see Tip).

Flatten the turkey breast. Spread the stuffing over the breast and roll the breast up into a cylinder. Secure with kitchen string.

Sprinkle the turkey roulade with 1/4 teaspoon salt and pepper. Heat 2 teaspoons oil in a large cast-iron or nonstick skillet over medium-high heat. Add the roulade and cook, turning from time to time, until browned all over, 5 to 7 minutes.

Transfer to a plate. Add cider to the skillet and bring to a simmer, stirring to scrape up any browned bits. Add broth and bring to a simmer. Remove from heat.

Heat the remaining 2 teaspoons oil in a Dutch oven over medium heat. Add onion and cook, stirring often, until softened, 2 to 3 minutes.

Add garlic and cook, stirring, for 30 seconds. Add the browned turkey roulade. Pour in the cider mixture, then add thyme sprigs (or dried thyme). Cover the pan and transfer it to the oven.

Bake the roulade until it is no longer pink inside and an instant-read thermometer inserted in the center registers 170°, 45 minutes to 1 hour. Transfer to a carving board, tent with foil and keep warm.

To prepare gravy: Strain the liquid from the Dutch oven into a medium saucepan, pressing on the solids.

Bring to a simmer over medium-high heat; cook for 2 to 3 minutes to intensify the flavor.

Mix cornstarch and water in a small bowl; add to the simmering gravy, whisking until lightly thickened.

Add sour cream, mustard and lemon juice, whisking until smooth. Season with pepper. Heat through.

Remove the string from the roulade. Carve into 1/2-inch-thick slices and serve with gravy.



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