

MUSHROOM-STUFFED TURKEY BREAST

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

2 TBS stick margarine	2 red onions, chopped
2 C sliced mushrooms	2 carrots, shredded
1 box (10 oz) frozen chopped spinach, thawed/squeezed dry	
2 TBS chopped parsley	1 TBS grated Parmesan cheese
1 slice reduced-calorie white bread, finely chopped	
1/2 tsp dried basil leaves	1 C low-sodium chicken broth
1 3lb skinless boneless turkey breast	1 TBS grated lemon zest

DIRECTIONS:

In large nonstick skillet, melt margarine. Sauté onions 4 minutes - add mushrooms & carrots - sauté till vegetables are tender (4-5 minutes). Stir in spinach, parsley, cheese & basil - cook 2 minutes. Remove from heat - stir in bread, 2 TBS of the broth & the lemon zest.

Preheat oven to 325° F - spray 9x13" baking dish with nonstick cooking spray. Place turkey between 2 sheets of plastic wrap - with meat mallet or rolling pin, pound to an even thickness. Remove top sheet of plastic wrap from turkey - spread mushroom mixture over turkey breast, leaving a 2 1/2" border on all sides. Starting with the short side, roll up turkey breast jelly-roll style - tie at 2" intervals with kitchen string. Place the roll, seam-side down, in baking dish - pour remaining broth over turkey & cover loosely with foil. Bake, basting frequently with pan juices, till an instant-read thermometer reads 180° F (1 - 1 1/2 hours). Transfer turkey to cutting board - let stand 10 minutes before removing string - slice & serve.

Makes 12 servings

(per serving: 162 calories; 3g total fat; 1g saturated fat; 71mg cholesterol; 119mg sodium, 5g total carbohydrates; 2g dietary fiber; 28g protein, 68mg calcium - WW points per serving: 3)