

Mushroom Sage Rolled Turkey Breast

PREP TIME

20 min

TOTAL TIME

80 min

Nutrition Information Per Serving

Makes 12 servings

FAT	PROTEIN	CARBS	CALORIES
5g	38g	1g	197

Ingredients

¼ cup butter or coconut oil, divided, room temperature

10 oz mushrooms, finely chopped

1 clove garlic, minced

3 Tbsp chopped fresh sage, divided

4 lb boneless turkey breast

Salt and pepper, to taste

Instructions

1. Preheat oven to 375 degrees.
2. In a large saute pan over medium heat, melt 2 Tbsp butter or oil until it begins to froth.
3. Add mushrooms. Cook, stirring frequently, for 2-3 minutes.
4. Add garlic, salt and pepper, and cook until most of the liquid has evaporated, about 5 minutes.
5. Add 2 Tbsp chopped sage and cook 1 more minute. Remove from heat and set aside.
6. Remove skin from turkey breast and set aside (do not discard). Lay turkey breast on a work surface and cover with plastic wrap. Using a kitchen mallet, pound to ½ to 1-inch thickness.
7. Spread mushroom mixture evenly over turkey breast, leaving approximately a 1 inch border. Roll up from the short end tightly into a log. Wrap reserved skin over log and tie at several intervals with kitchen twine.
8. Place on a broiling pan and rub remaining butter or oil on the log. Sprinkle with remaining sage and season with salt and pepper.
9. Roast for 5- to 60 minutes, or until internal temperature reaches 180 degrees F.

Adapted from <http://alldayidreamaboutfood.com/2014/11/mushroom-sage-rolled-turkey-breast.html>