

Turkey Breast with Cornbread Stuffing

This recipe makes twelve servings

1 (3 pound) boneless, skinless turkey breast
2 teaspoons olive oil
1 1/2 cups finely chopped fresh mushrooms
3/4 cups finely chopped onion
1 clove garlic, minced
Dash of dried thyme
1/4 cup minced fresh parsley
3 tablespoons currants
2 tablespoons chopped pecans
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 cup unsweetened apple juice
2 tablespoons honey
1/8 teaspoon dried thyme
1 small clove garlic, crushed

Cornbread:

1/4 cup yellow cornmeal
1/4 cup all-purpose flour
1 teaspoon baking powder
1/2 teaspoon sugar
1/4 cup skim milk
1 tablespoon frozen egg substitute, thawed
1 1/2 teaspoons olive oil

1. Cornbread: Combine first 4 ingredients in a medium bowl and make a well in the center. Combine milk, egg substitute and oil and add into the well in the dry ingredients. Mix together just until dry ingredients are moistened.
2. Pour batter into a loaf pan and bake at 400 degrees for 10-12 minutes or until lightly browned. Cool in the pan on a wire rack.
3. Turkey: Trim fat from turkey and place on waxed paper. Slice breast almost in half horizontally and fold open to enlarge turkey breast. Place wax paper on top and flatten breast to 1/2-inch thickness using a meat mallet or rolling pin.
4. Stuffing: Add oil to large nonstick skillet and heat over medium heat until hot. Add mushrooms, onion, garlic and dash of thyme. Saute for 5 minutes or until vegetables are tender. Tear cornbread into pieces and process in a blender or food processor into dry crumbs.
5. Stir in cornbread crumbs, parsley and next 4 ingredients and mix well. Spoon cornbread mixture in center of the turkey breast, leaving a 2-inch border at sides. Tightly roll turkey breast starting with shorter side. Tie turkey breast with string at 2-inch intervals.
6. Glaze: combine apple juice, honey, 1/8-teaspoon thyme and crushed garlic in a small bowl and mix well. Place turkey breast roll seam side down on a rack in a baking dish and brush with apple juice mixture.
7. Shield turkey breast with foil and bake at 325 degrees for 1 hour, basting frequently with apple juice mixture.
8. Uncover and bake another 30 minutes or until meat thermometer reads 170 degrees.
9. Remove string and let roll stand for 10 minutes before cutting into 12 slices.

Nutrition per serving: Calories (200); Fat (3g); Cholesterol (70mg); Sodium (192mg)