

Baked Florentine Turkey Roulade (25 servings)



INGREDIENTS:

Ground Turkey	4 lbs
Tomato Sauce	3 cups
Bread Crumbs, plain	2 cups
Spinach, frozen, thawed & drained	3 lbs
Onions, chopped	1 ½ cups
Egg, liquid	1 ½ cups
Garlic powder	3 tsps
Basil, dried	4 tsps
Oregano, dried	2 tsps
Rosemary, dried	2 ½ tsps
Black pepper	½ tsp
Parsley, dried	4 tsps
Parmesan cheese, grated	½ cup

NUTRITIONAL VALUE:

Calorie: 190
Fat: 7g
Sodium: 200mg
G4G: Green

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Method of Preparation

1. Combine tomato sauce, all of the basil, oregano, rosemary, and parsley to 1 ½ teaspoon of garlic powder.
2. Mix lightly the ground turkey, tomato mixture, bread crumbs, remaining garlic powder, onions, egg, and black pepper. Avoid over mixing.
3. Divide turkey mixture into 3 equal parts.
4. Shape turkey mixture into a 12 x 5 inch platform to make the bottom for the loaf on a greased sheet pan. Make a 1-inch indentation down the center of the mixture, leaving 1-inch border on all sides.
5. Toss together spinach and parmesan cheese. Spoon into indentation mounding in the center. Press another 2-inch of turkey mixture over the top, sealing edges.
6. Bake 1 ½ hour in a preheated 375° oven. Spoon remaining tomato mixture over meat loaf and bake 15 minutes longer or until an internal temperature of 165°F for 15 seconds has been reached.
7. Let stand 10 minutes before slicing.

Serving size: 6 ounces (191 Grams)