



Spinach Turkey Roll

- 1 cup meatless spaghetti sauce, *divided*
 - 2 eggs, lightly beaten
 - 1 cup soft whole wheat bread crumbs
 - 1/4 cup finely chopped onion
 - 2 garlic cloves, minced
 - 1 teaspoon dried basil
 - 1 teaspoon dried oregano
 - 1 teaspoon ground mustard
 - 1 pound lean ground turkey
 - 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
 - 1/2 cup shredded part-skim mozzarella cheese
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My husband doesn't care much for garlic, so I use elephant garlic, which is milder. He never mentions the garlic being too strong in this recipe, so we're both satisfied with the results.

—Delia Kennedy of Deer Park, Washington

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(continued...)

In a bowl, combine 1/4 cup spaghetti sauce, eggs, bread crumbs, onion, garlic, basil, oregano and mustard. Crumble turkey over mixture and mix well.

On a sheet of waxed paper, pat turkey mixture into a 12-in. x 8-in. rectangle. Sprinkle with spinach and cheese. Roll up jelly-roll style, starting with a short side and peeling waxed paper away while rolling. Seal seam and ends. Place seam side down in a 15-in.

x 10-in. x 1-in. baking pan coated with nonstick cooking spray.

Bake, uncovered, at 350° for 50-60 minutes or until a meat thermometer reads 165°. Let stand for 5 minutes before slicing. Heat remaining spaghetti sauce; serve over turkey. **Yield:** 6 servings.

Nutritional Analysis: One serving equals 230 calories, 11 g fat (4 g saturated fat), 137 mg cholesterol, 395 mg sodium, 12 g carbohydrate, 3 g fiber, 20 g protein. **Diabetic Exchanges:** 3 lean meat, 2 vegetable.