



## 50 Healthy Thanksgiving Recipes. Boneless Turkey Roast uniqueaa

### [Quinoa-Stuffed Spinach and Feta Boneless Turkey Roast](#)

#### Ingredients:

- 2-3 pounds boneless turkey breast
- 1 cup quinoa, rinsed
- 2 cups vegetable or chicken broth
- 2 cups fresh spinach, chopped
- 1/2 cup crumbled feta cheese
- 1/4 cup chopped red onion
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Cooking twine or toothpicks

#### [Instructions:](#)

1. Preheat oven to 375°F (190°C).
2. In a saucepan, bring the vegetable or chickenbroth to a boil. Add quinoa, reduce heat to low,cover, and simmer for 15-20 minutes until thequinoa is cooked and the liquid is absorbed.
3. In a skillet over medium heat, add olive oil.Sauté garlic and red onion until softened, about 2-3 minutes. Add chopped spinach andcook until wilted. Remove from heat and stir inthe cooked quinoa, feta cheese, driedoregano, salt, and pepper.
4. [Lay the boneless](#) turkey breast flat on a cleansurface. If needed, pound it gently to eventhickness. Spread the quinoa-spinach mixtureevenly over the turkey, leaving about an inchborder around the edges. Roll up the turkeybreast tightly and secure with cooking twine orthoothpicks.
5. Season the outside of the turkey roast withadditional salt, pepper, and a drizzle of olive oil.
6. Place the turkey roast on a baking dish or roasting pan and bake in the preheated oven for 60-75 minutes, or until the internal temperature reaches 165°F (74°C).
7. [Remove from the oven and let it rest for 10-15 minutes before slicing. Remove cooking twine or toothpicks before slicing.](#)



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