



BLACK TRUMPET MUSHROOMS AND GREEN APPLE STUFFED TURKEY FILET WITH BABY SPINACH SALAD TOPPED GREEN APPLE VINAIGRETTE

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| 8 4-oz, boneless Turkey Filets | |
| 4 oz. Black Trumpet Mushrooms | $\frac{1}{2}$ large Granny Smith apple, cored and chopped |
| 1 Granny Smith apple, peeled and diced | $\frac{1}{3}$ cup sherry vinegar |
| 2 oz. diced red pepper | $\frac{1}{4}$ cup apple juice |
| 2 oz. diced sweet onion | 3 Tbsp. Honey |
| 1 Tbsp. olive oil | 3 Tbsp. Minced shallots |
| $\frac{1}{4}$ cup smoked Gouda cheese, finely shredded | 1 Tbsp. Whole grain Dijon mustard |
| 1 large Granny Smith Apple, cut into matchsticks | $\frac{1}{2}$ tsp. salt |
| 2 celery stalks, sliced thin, diagonally | 1 tsp. freshly ground pepper |
| $\frac{1}{2}$ small red onion, thinly sliced | $\frac{1}{3}$ cup canola oil |
| 10 oz. Baby spinach, washed and chilled | |

Mushroom Filling

Heat 1 tablespoon olive oil in a small skillet over medium heat. Add mushrooms, apple, red pepper, onion, salt and pepper and sauté together, stirring, until mushrooms are dark and the onion and peppers are soft. Remove skillet from heat; stir in $\frac{1}{4}$ cup smoked Gouda Cheese

Turkey

Preheat oven to 400 degrees. Place each turkey filet between sheets of plastic wrap and pound with a meat mallet to about $\frac{1}{8}$ inch thickness. Place a finger of the mushroom filling and salt and pepper to taste on to the flattened turkey filet. Roll up 'jellyroll-style', Tuck in ends and fasten with toothpicks. Bake at 400 degrees F for about 40 minutes or until turkey rolls are golden brown and juices run clear. Let rest for 10 minutes. Divide spinach among the 8 plates, top with matchsticks' of apple, celery and red onion. Slice turkey on the bias and serve on spinach and vegetable salad, top with Granny Smith apple vinaigrette.

Granny Smith apple vinaigrette

Process all ingredients, except the oil, in a food processor and puree. With machine running, gradually blend in the oil in a thin stream. Refrigerate until ready to serve.

Yield: 8 servings

Nutrition Information: 350 Calories, 14 gm fat, 3 gm saturated fat, 0 gm trans fat, 80 mg cholesterol, 25 gm carbohydrate, 3 gm fiber, 30 gm protein, 370 mg sodium

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**William K. Nasser, MD 19th Annual Dining A La Heart Fundraiser Event
to benefit THE REVIVING HEART PROGRAM**