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Fall Flavors~ Turkey Roll Ups

September 11, 2009 by [Linette Gerlach](#)
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When the weather starts getting cooler I start craving fall flavors. Today I have several [recipes](#) that can blend together into one dish, or be used to create three different dishes. Turkey roll ups with the turkey itself as the roll, stuffing, and a homemade chicken stock.

You can use the stuffing and the chicken stock to make the turkey rolls, or have the turkey, and stuffing separate, and use the stock to make a hearty soup.

These great fall flavors are courtesy of Todd Adelman, Director of Nutritional Services for [Block Institute](#). Todd is the co-author of the James Beard Award nominated book *Special Foods for Special Kids: Practical Solutions & Great Recipes for Children with Food Allergies*.

Make them ahead and these turkey rollups, with stuffing could be reheated for an an easy lunch idea, or a quick nutritious supper when you're on the go.



TURKEY ROLL-UPS

(Yields 6 “roll-ups”)

INGREDIENTS:

- 6 turkey cutlets (4 oz. each)
- 2 cups unbaked “stuffing” (see recipe below)
- ½ tsp. paprika
- ½ tsp. garlic powder
- 1 tsp. Parsley flakes
- ½ tsp. ground thyme
- 1/8 tsp. salt
- 1 Tbsp. margarine
- ½ cup orange [juice](#)
- 1 Tbsp. honey

Preheat the oven to 350° F.

Pound the cutlets to ¼ inch thickness.

Place 2 Tbsp. “Stuffing” towards one end of each cutlet then roll up jelly roll style

Place the rolls seam side down in a shallow roasting pan.

Mix the paprika, garlic powder, parsley, thyme and salt together

Sprinkle roll-ups with ½ of seasoning mixture and set aside

Melt margarine in small sauce pan.

Add orange juice & honey & bring to boil.

Remove from heat.

Baste roll-ups with orange juice mixture.

Bake for 10 minutes. Flip. Sprinkle with remaining seasoning mixture Baste. Flip again & baste with remaining liquid. Bake for additional 5 minutes.

Serve.

STUFFING

(Yields 4 cups)

INGREDIENTS:

- 16 slices bread, toasted with crust removed
- ½ cup celery, finely diced
- ¼ cup onion, finely diced
- 1 Tbsp. margarine
- 2 medium apples, grated
- 2 tsp. parsley flakes
- 1 tsp. dried thyme
- ½ tsp. salt
- 1/8 tsp. white pepper
- ½ cup “Chicken Stock” (see recipe)

Preheat oven to 350° F

Cut bread into cubes & set aside in [large bowl](#).

Saute celery & onion in margarine until soft.

Add celery mixture & remaining ingredients to bread cubes.

Toss until liquid is absorbed.

Bake, uncovered, for 30 minutes.

Serve.

Chicken Stock

(Yields 2 quarts)

Ingredients:

- 1 chicken, skinned & cut into pieces
- 8 carrots, quartered
- 6 celery stalks, quartered
- 1 turnip, quartered
- 10 sprigs dill
- 2 parsnips, quartered
- 1 leek, halved
- 6 sprigs parsley
- 1 onion, quartered
- 3 quarts cold water

Place ingredients in pot.

Bring to boil.

Reduce heat.

Simmer for 1 ½ hours.

Strain the soup.

Serve.