

Mediterranean Roast Turkey

Serve this slow cooker roast with mashed potatoes and garnish with fresh thyme sprigs, if desired.

2 cups chopped onion (about 1 large)
1/2 cup pitted kalamata olives
1/2 cup julienne-cut drained oil-packed sun-dried tomato halves
2 tablespoons fresh lemon juice
1 1/2 teaspoons bottled minced garlic
1 teaspoon Greek seasoning mix (such as McCormick's)
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 (4-pound) boneless turkey breast, trimmed
1/2 cup fat-free, less-sodium chicken broth, divided
3 tablespoons all-purpose flour

Combine first 9 ingredients in an electric slow cooker. Add 1/4 cup chicken broth. Cover and cook on low for 7 hours.

Combine remaining 1/4 cup broth and flour in a small bowl; stir with a whisk until smooth. Add broth mixture to slow cooker. Cover and cook on low for 30 minutes. Cut turkey into slices.

Yield: 8 servings (serving size: about 4 ounces turkey and about 1/3 cup onion mixture)

CALORIES 368(26% from fat); FAT 10.7g (sat 2.2g,mono 5.6g,poly 2g); PROTEIN 55.3g;
CHOLESTEROL 159mg; CALCIUM 44mg; SODIUM 527mg; FIBER 1.2g; IRON 3.2mg;
CARBOHYDRATE 9.8g
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