

Spinach Stuffed Turkey Rolls

Ingredients:

- 2 large turkey breasts, pounded (for smaller portions split in half)
- 1 tablespoon olive oil or avocado oil
- Smoked paprika
- Garlic powder
- Onion powder
- Salt and pepper
- 4 ounces cream cheese, softened
- ½ teaspoon salt
- ¼ cup grated Parmesan
- 2 tablespoons mayonnaise
- 1 ½ cups chopped fresh spinach
- 1 teaspoon minced garlic
- ½ teaspoon red pepper flakes
- Kitchen twine or toothpicks

Directions

1. Preheat the oven to 375°F degrees or air fryer for 375°F
2. Place a turkey breast between two pieces of parchment paper and pound until it's about ¼ inch.
3. Split the turkey breast down the membrane showing.
4. Drizzle the turkey with oil on both sides.
5. Sprinkle the turkey with salt, pepper, smoked paprika, garlic powder, and onion powder on both sides.
6. Add cream cheese, Parmesan, mayonnaise, spinach, garlic, red pepper and ½ teaspoon of salt to a small mixing bowl and stir well to combine.
7. Spread the spinach mixture into one side of each turkey breast.
8. Roll the turkey breast up and tie with kitchen twine or skewer with toothpicks so it stays together.
9. **OVEN BAKE:** Bake the rolls on a baking sheet, uncovered, for 20-30 minutes or until turkey is cooked through and the internal temperature is 165°F.
10. **AIR FRY:** Air fry on the tray for 10-15 minutes or until the turkey is cooked through and the internal temperature is 165°F