

20

Turkey Roast Ratatouille



Thyme, oregano, salt and pepper	1 pinch of each	1 g
Onions, thinly sliced	2	300 g
Garlic cloves, thinly sliced	2	5 g
Eggplant, coarsely chopped	1	550 g
Tomato sauce, canned	430 ml 1 ¾ cup	415 g
Zucchini, sliced	2	535 g
Green peppers, coarsely chopped	3	490 g
Vegetable juice	1 L 4 cups	1 kg
Poultry broth	500 ml 2 cups	500 g
Turkey breast roast (810-6188)	2 lbs.	900 g

- : 10
- : 15 minutes
- : 30 minutes
- : no

Nutrition Facts	
For 1 portion (380 g)	
Amount	% Daily Value
Calories 190	
Fat 2.5 g	4%
Saturated 0.5 g	
+ trans 0 g	3%
Polyunsaturated 0.5 g	
Omega-6 0.4 g	
Omega-3 0 g	
Monounsaturated 0.3 g	
Cholesterol 50 mg	17%
Sodium 690 mg	29%
Potassium 770 mg	22%
Carbohydrates 17 g	6%
Fibre 4 g	16%
Sugar 10 g	
Protein 25 g	
Vitamin A 254 RE	25%
Vitamin C 33 mg	50%
Calcium 51 mg	4%
Iron 1.8 mg	15%
Phosphorus 73.7 mg	6%

- 1 Preheat oven to 200 °C (400 °F).
- 2 Place all ingredients in an oven-proof dish, except for the turkey breast roast.
- 3 Cook for 20 minutes and lower heat to 165 °C (325 °F).
- 4 Add pre-cooked turkey roast and continue cooking for 10 minutes.
- 5 Let stand for 5 minutes, covered with aluminum foil.
- 6 Serve turkey sliced or in cubes with couscous or other starchy foods.

<p>Chef's Remarks</p> <p>▪ This recipe is just as good with chicken as with pork. Should you decide to use pork, we recommend that you use pineapple juice instead of vegetable juice.</p>	<p>Canada's Food Guide Portions</p> <p>4 ¼ servings of vegetables and fruit + 1 ¼ servings of meat and alternatives.</p>	<p>Olymel Product Allergens</p> <p>*Contains : none</p>	<p>Food Exchange System</p> <p>3 ½ servings of vegetables + 2 ¼ servings of meat and alternatives.</p>
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*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)