

Butternut Squash Stuffed Turkey Tenderloin with Cranberries and Pecans

1) Preheat oven to 375°F. Heat a large skillet over medium-high heat and add olive oil. Add shallots and garlic and sauté over medium-low heat for 4-5 minutes, or until golden. Add butternut squash, cranberries, dijon mustard and 1 tablespoon water and cover; cook on low for 10 minutes. Remove lid and add kale, salt, sage, and pepper, cover and cook for another 3-4 minutes. Set aside to cool and mix in pecans.

2) Cut a pocket into the sides of the tenderloins, careful not to cut all the way through at the ends. Season the inside and outside of the turkey with salt. Stuff each turkey breast with about 3/4 cup of squash mixture. Cut cooking twine long enough to tie each breast with 3 to 4 pieces of twine. Cut off extra twine.

3) (*OPTIONAL* In skillet over medium-high heat, lightly spray with cooking spray.

Carefully sear each turkey breast on each side. If your skillet is oven proof, cover tight with foil and place in the center of the oven (If not, then transfer to baking dish and cover with foil), place directly into oven and cook for 25 to 30 minutes.) If you do not have time to sear the tenderloins then place the tied tenderloins on a rimmed cookie sheet covered with foil or in a baking dish and bake 25-30 minutes.

4) Allow to sit 5 minutes before cutting off twine and slicing each turkey breast in 4 slices.

Recipe from SkinnyTaste.com

This is the first of three weeks of healthy options for Thanksgiving. Most people have a love/hate relationship with the holidays. Most people love the time of year but hate the guilty feeling of eating all the food, candy and sweets. This recipe leaves nothing to be desired. It's seriously so delicious. I've made it at all times during the year (if I can't find turkey tenderloins, I just use chicken breasts or turkey breasts). It's a great option if you are having a small Thanksgiving dinner. This recipe can be made the day before by leaving the unbaked stuffed tenderloins in the fridge and then just bake them off before you are planning on having dinner. Pair it up with a side salad or some sauteed broccoli or roasted cauliflower. I hope you enjoy it as much as I do.

xoxo

Kristin