



## Turkey Quinoa Swiss Chard Rolls

4 servings

1 hour

### Ingredients

- 2/3 cup Quinoa (uncooked)
- 1 cup Water
- 1 lb Extra Lean Ground Turkey
- 2 tbsps Italian Seasoning
- 1/4 tsp Paprika
- Sea Salt & Black Pepper (to taste)
- 3 cups Crushed Tomatoes
- 4 cups Swiss Chard (washed and stems cut off)

### Nutrition

Amount per serving	
Calories	340
Fat	12g
Carbs	33g
Fiber	6g
Sugar	8g
Protein	29g
Cholesterol	84mg
Sodium	495mg
Vitamin A	2750IU
Vitamin C	27mg
Calcium	123mg
Iron	6mg

### Directions

- 1 Preheat oven to 375°F (191°C).
- 2 Add the quinoa and water to a sauce pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover with a lid. Let simmer for 12 to 15 minutes or until all water is absorbed. Turn off heat and fluff the quinoa with a fork.
- 3 Combine the quinoa, ground turkey, Italian seasoning, paprika, and sea salt and pepper to taste in a medium sized bowl and mix well.
- 4 Spread a few spoonfuls of crushed tomatoes over the bottom of a large baking dish (just enough to cover).
- 5 Lay a swiss chard leaf flat on your cutting board and add a few spoonfuls of the turkey/quinoa mixture to the base of the leaf. Roll the leaf while tucking the edges into the roll as you go. Once rolled, place the roll seam-down into baking dish and repeat until all the leaves have been rolled.
- 6 Cover rolls with the rest of the crushed tomatoes. Cover with a lid or tinfoil and bake for 40 minutes. Remove the lid or foil and bake for an additional 10 minutes uncovered.

### Notes

- Slow Cooker Version, Place rolls and sauce in slow cooker and cook on low for 4 hours.
- No Quinoa, Use brown rice.