Healthy DOG EATS with dr. cos

Turkey Roulade & Cranberry Sauce

6 servings

Ingredients:

Turkey:
- 24 ounces skinless turkey breast
- 3.5 ounces shiitake mushrooms
- 4-6 ounces fresh spinach
- 2 tablespoons olive oil
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 3 ounces parmesan cheese

Topping:
- 1 ounce parmesan cheese
- 1 teaspoon thyme
- 1 teaspoon oregano
- 1 teaspoon basil
- 1/4 teaspoon garlic powder
- 1 tablespoon olive oil

Cranberry Sauce:
- 2 cups fresh cranberries
- 1/4-1/2 cup of water
- 1/8-1/4 cup maple syrup

Turkey Roulade

Nutrition Facts

Amount per 175 g
1 serving (6.2 oz)

Calories 284
From fat 131

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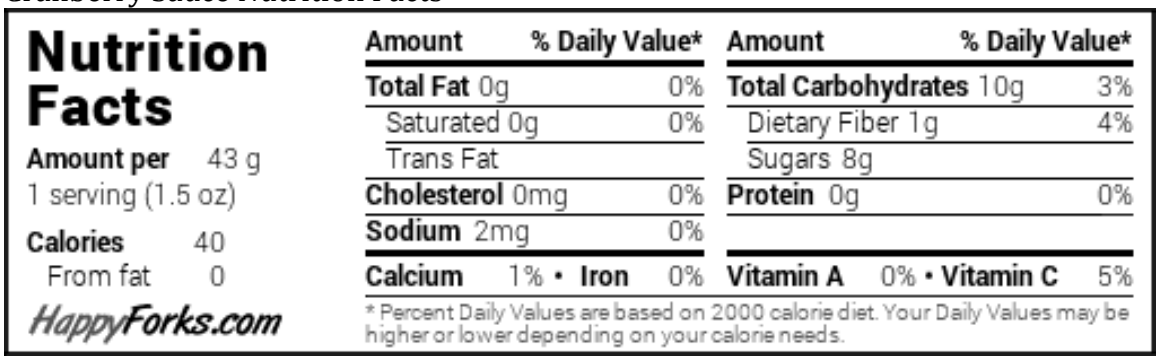
Amount	% Daily Value*	Amount	% Daily Value*
Total Fat 14.8g	23%	**Total Carbohydrates** 6g	2%
Saturated 4.3g	21%	Dietary Fiber 1g	4%
Trans Fat 0.2g		Sugars 1g	
Cholesterol 76mg	25%	**Protein** 33g	65%
Sodium 441mg	18%		
Calcium 20% • **Iron** 10%		**Vitamin A** 40% • **Vitamin C** 9%	

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Cranberry Sauce Nutrition Facts



Nutrition Facts

Amount per 43 g
1 serving (1.5 oz)

Calories 40
From fat 0

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Amount	% Daily Value*	Amount	% Daily Value*
Total Fat 0g	0%	**Total Carbohydrates** 10g	3%
Saturated 0g	0%	Dietary Fiber 1g	4%
Trans Fat		Sugars 8g	
Cholesterol 0mg	0%	**Protein** 0g	0%
Sodium 2mg	0%		
Calcium 1% • **Iron** 0%		**Vitamin A** 0% • **Vitamin C** 5%	

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Turkey:
Sauté mushrooms and spinach in olive oil until soft. Remove from heat and cool. Place in food processor with parmesan cheese. Add a little more olive oil if needed, and pulse until well combined. Preheat oven to 325 degrees. Butterfly turkey breasts, and press together on plastic wrap. Pound to flatten to about 1/2". Spread stuffing mixture on turkey staying away from edges. Carefully roll turkey. Mix topping ingredients, and also pulse in a food processor to combine. Brush the turkey with oil and press topping in. Roll roulade in parchment paper and twist ends. Bake until internal temperature reaches 165 degrees. Let rest for 10 minutes before slicing.

Cranberry Sauce:
Mix cranberries with water and cook until cranberries burst. Add maple syrup and cook until all is combine. Can be served warm or cold.

Turkey-Turkey contains the amino acid tryptophan. This is said to be the cause of people wanting to nap after a big Thanksgiving dinner.
While it is true that turkey contains tryptophan, it does not have a high enough amount to cause sleepiness. In fact, all meats contain tryptophan. Eating turkey at Thanksgiving should not make you any more drowsy than eating a pork chop on an ordinary evening. The tryptophan content in turkey may help to support healthy levels of serotonin in the body, which promotes alertness and good mood. While quantities are low, this is a possible benefit of eating turkey. (1)

Shitake Mushrooms- A rich source of protein, zinc, copper, thiamin, folate, selenium, iron, riboflavin, magnesium, potassium, manganese, pantothenic acid, niacin and dietary fiber. The Shiitake mushrooms are one of the world's healthiest, and it is a symbol of longevity to people in Asia. You can buy Shiitake mushrooms from a store, but you can also grow them using a log. (2)

Spinach- is rich in lutein and zeaxanthin, carotenoids that remove unstable molecules called free radicals from your body before they damage it. They're found in spinach and other dark green leafy vegetables, and some studies show they could protect against cancer of the mouth, esophagus, and stomach
Some people worry the oxalates in spinach can cause kidney problems, but a dog would have to consume nearly his weight in spinach to be affected.
This leafy green vegetable is loaded with nutritional benefits for humans and dogs. Spinach contains vitamins A, B, C, and K, as well as calcium, iron, fiber, manganese, folate, and potassium. It boosts the immune system, energy levels, and vitality. It's also known to benefit the heart and help prevent cancer. (3)

Cranberries- can improve your dog's bladder health, reduce tartar and plaque buildup, fight bacteria, and help prevent cancer, among other benefits. ... To avoid this and other risks, pet owners should talk to their veterinarian before adding cranberry to their dog's diet. (4)

Maple Syrup-You may be surprised to learn that maple syrup is considered one of the world's healthiest foods. This tasty syrup comes from the sap of sugar, black or red maple trees, though more exotic syrups, like birch, are also now available.

Maple syrup contains fewer calories than honey and an even higher concentration of minerals. It offers "sweet support for your immune system". Maple syrup is an excellent source of manganese and a good source of zinc. Manganese is an essential co-factor in a number of enzymes critical to energy production and antioxidant defenses. Even superoxide dismutase requires manganese. Zinc and manganese work together to support the immune system, lessening inflammation and acting as an immuno-stimulant.(5) (6)

References:
(1) Is turkey good for you?
https://www.medicalnewstoday.com/articles/285736.php

(2) http://www.whfoods.com/genpage.php?dbid=122&tname=foodspice

(3) https://www.rover.com/blog/can-dog-eat-spinach/

(4) https://www.petmd.com/dog/nutrition/healthy-foods-checklist-cranberry-

(5) Sugar alternatives for Dogs https://animalwellnessmagazine.com/sugar-alternatives/

(6) Maple Syrup Is A Cancer Killer, Study Suggests