



Roast Turkey with Wild Blueberry Stuffing and Apple Compote

Ingredients:

For wild blueberry & apple compote:

- 1 red onion, finely chopped
- 2 tbsp (30 ml) virgin olive oil
- 1 apple, peeled cored & diced
- 1 stick celery, finely chopped
- 7 oz (200 g) frozen wild blueberries
- 3 tbsp caster sugar
- 2 tbsp red wine vinegar

For wild blueberry stuffing:

- 9 oz (250 g) stale bread, crusts removed
- 1 large onion, finely chopped
- 1 stick celery, chopped
- 3 fl oz (100 ml) virgin olive oil
- 1 small bunch fresh thyme, chopped
- 2 oz (50 g) dried apple, chopped
- 3 fl oz (100 ml) apple juice
- 7 oz (200 g) frozen wild blueberries



Directions:

1. To make the wild blueberry compote, heat the onion, apple and celery in the oil for 5-10 minutes until soft.
2. Add the frozen wild blueberries, sugar and vinegar. Bring to a fast simmer and reduce juices to a syrupy consistency.
3. To prepare the wild blueberry stuffing, whizz the stale bread in a food processor to make large pieces. Set aside.
4. Heat the onion and celery in olive oil for 5-10 minutes until soft. Add the thyme, chopped apple rings and bread pieces. Stir in the apple juice, followed by the frozen wild blueberries.
5. Spoon into an ovenproof dish and bake in a preheated oven 350°F (180°C) for 30 minutes.

Serve with traditional roast turkey and all your favourite trimmings.

Approximate nutrition analysis per portion:

Energy: 465 calories
Protein: 6g
Fat: 24g
Carbohydrates: 59g
Sodium: 375mg
Cholesterol: 1mg

About the Wild Blueberry Association of North America

The Wild Blueberry Association of North America (WBANA) is an international trade association of growers and processors of wild blueberries from Quebec, New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland and Maine, dedicated to bringing the wild blueberry health story and unique wild advantages to consumers and the trade worldwide. For news, recipes, and related health information about wild blueberries visit www.wildblueberryassociation.ca or www.wildblueberries.com. For the latest updates, read our [blog](#). Visit us on [Facebook](#), [Twitter](#), or [Instagram](#).

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For more information, recipes, visuals or to schedule an interview with a spokesperson from the Wild Blueberry Association of North America, please contact Ruth colapinto or Susan Willemsen at The Siren Group Inc. Tel: 416-461-5270. E-mail: ruth@thesirengroup.com, www.thesirengroup.com, or on Twitter and Instagram [@thesirengroup](#).