



Roasted Turkey

Ingredients:

- 1 12-14 lb. whole turkey, neck and giblets removed
- Salt to taste
- Ground black pepper to taste
- 1 onion, cut into wedges
- 1 bunch thyme
- Rosemary sprigs
- 1 small handful sage leaves
- 1 head garlic, halved
- ½ c. margarine, melted
- 2 c. chicken broth, 98% fat free

directions:

1. Position rack to the lower third of your oven and preheat to 450° F. Pat turkey dry with paper towels and season the cavity generously with salt and pepper. Stuff with onion, thyme, rosemary, sage and garlic. Tie the legs together with kitchen twine and tuck the wing tips under the body.
2. Brush margarine all over turkey then season generously with salt and pepper. Place turkey breast side up on a roasting rack inside of a large pan. Pour chicken broth into the pan. Transfer to oven and immediately reduce oven heat to 350 degrees.
3. Baste every 30-45 minutes with the juices on the bottom of the pan, and roast for 3-4 hours, or until the juices run clear when you cut between the leg and thigh. (The meat temperature should be 165° F).
4. Cover cooked turkey with aluminum foil and let rest for 20 minutes before carving.

Servings: makes 24 servings.

Each serving = 8 oz. lean protein, daily healthy fat.

Recipe courtesy of Delish.com

716-320-1515
DietMentor.com
info@dietmentor.com