

Herb Roasted Turkey Breast

INSTRUCTIONS: Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!



Nutritional Bonus: In addition to providing copious amounts of lean protein, turkey is a great source of the trace mineral selenium, which helps produce antioxidant enzymes that boost your immune system. Turkey also contains impressive amounts of the B vitamins niacin and B₆, both of which are important for energy production.

FOUR: Cover turkey with foil and let rest at room temperature for 15 minutes. Remove and discard skin, then cut turkey breast from bone. Slice meat and serve.

ONE: Preheat oven to 425°F. Place turkey breast, skin-side-up, on a rack in a roasting pan. **TWO:** In a small bowl, whisk together oil, lemon juice and zest, herbs, salt and pepper. Using your fingers, gently loosen skin from turkey breast meat without removing it completely. Rub herb-oil mixture under skin and all over turkey breast meat (including underneath breast as well). **THREE:** Roast, skin-side-up, for 50 to 60 minutes or until an instant-read thermometer reads 165°F when inserted into thickest part of breast (test in a few places to make sure).

INSTRUCTIONS:

FOLD LINE

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Serves 4. Hands-on time: 20 minutes. Total time: 1 hour, 30 minutes.



INGREDIENTS:

- 1 split bone-in, skin-on turkey breast (about 2½ lb)
- 2 tbsp olive oil
- 2 tsp fresh lemon juice
- 1 tsp lemon zest
- 1 tsp minced fresh rosemary leaves
- 1 tsp minced fresh sage leaves
- 2 tsp minced fresh thyme leaves
- ½ tsp kosher salt
- ¼ tsp ground black pepper

REMEMBER: Leaving the turkey skin on during cooking can help seal in moisture, but remove and discard skin prior to eating.

Nutrients per 3 oz skinless turkey breast meat: Calories: 160, Total Fat: 8 g, Sat. Fat: 1 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1 g, Carbs: 1 g, Fiber: 0.5 g, Sugars: 0.25 g, Protein: 21 g, Sodium: 282 mg, Cholesterol: 53 mg

