



Herb-Roasted Turkey Breast

Makes 8 servings

Ingredients

1 (6 pound) bone-in turkey breast, halved, skin removed
2 tablespoons olive oil
4 garlic cloves, crushed
2 teaspoons chopped fresh sage leaves,
or 1 teaspoon dried
2 teaspoons chopped fresh thyme leaves,
or 1 teaspoon dried

2 teaspoons chopped fresh rosemary leaves,
or 1 teaspoon dried
1 teaspoon salt
½ teaspoon freshly ground black pepper

Instructions

1. Preheat the oven to 375 degrees.
2. Rinse the turkey breast and pat dry. In a small bowl, combine the oil, garlic, herbs, salt and pepper, and rub the mixture into the turkey breast.
3. Transfer to a roasting pan and roast until the juices run clear when pierced with fork and a thermometer inserted into thickest part of turkey registers 170 degrees F, 1 to 1 ¼ hours.
4. Let rest, covered with foil, for 10 minutes before carving.

Nutrition Facts

Calories 360; Total Fat 5g; Saturated Fat 1g; Total Carbohydrates 1g; Dietary Fiber 0g; Protein 72g; Sodium 420mg

Recipe adapted from www.MyRecipes.com

