



Turkey Breast with Honey-Mustard Glaze

Makes 10 servings

Ingredients

1 4-6 pound turkey breast, fresh or thawed
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1/4 cup honey
2 tablespoons Dijon-style mustard



Instructions

Season interior and exterior of turkey breast with salt and pepper. In (13 x 9 inch) roasting pan, place turkey breast on a V-shaped rack. Roast, uncovered, in a 325 degree preheated oven for 1 1/2 to 2 1/4 hours or until meat thermometer registers 170 degrees in the deepest part of breast. Meanwhile, in a small bowl, combine honey and mustard. Brush glaze over breast during final 20 minutes of cooking. Remove from oven, and allow turkey breast to stand for 10 minutes before carving.

Nutrition Facts

One serving: 176 Calories; 6 g Total Fat; 25 g Protein; 3 g Total Carbohydrates; 90 mg Sodium.

Recipe Courtesy of Diabetic Gourmet Magazine



BlueCross BlueShield of South Carolina and
BlueChoice® HealthPlan of South Carolina