

# Herb Roasted Turkey Breast

4 SERVINGS 1 HOUR 5 MINUTES



## INGREDIENTS

- 1 Yellow Onion (cut into quarters)
- 2 1/4 lbs Turkey Breast, Skin On (bone-in)
- 1/2 tsp Sea Salt
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 tbsp Thyme (not used in elimination)
- 1 tbsp Fresh Sage (not used in elimination)
- 1 tbsp Rosemary (not used in elimination)
- 2/3 cup Water

## NUTRITION

### AMOUNT PER SERVING

Calories	454	Iron	3mg
Fat	24g	Vitamin D	31IU
Carbs	3g	Folate	20µg
Fiber	1g	Magnesium	66mg
Protein	56g	Zinc	3mg
Vitamin C	1mg		

## DIRECTIONS

- 01 Preheat your oven to 425°F (218°C). Arrange the onion quarters in a large baking dish or a roasting pan.
- 02 Season the turkey breast on all sides with the salt. Place the seasoned turkey breast on top of the onions in the pan.
- 03 In a small mixing bowl combine the oil with the thyme, sage and rosemary. Spoon the oil mixture evenly over top of the turkey breast.
- 04 Add water to the bottom of the pan and bake the turkey breast for 20 minutes. Reduce the heat to 350°F (176°C) and continue cooking for 30 to 40 minutes or until the turkey is cooked to an internal temperature of 165°F (74°C). The skin should be brown and crispy. Be sure to add more water to the pan if it evaporates too quickly or if the pan juices start to burn.
- 05 Let the turkey rest for at least 10 minutes before slicing. Enjoy.

## NOTES

### RECIPE ID 116

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### NO WATER

Use chicken broth instead.