

Roasted Turkey Breast & Carrots

4 SERVINGS 1 HOUR 5 MINUTES



INGREDIENTS

2 1/4 lbs Turkey Breast, Skin On (bone-in)
1 Navel Orange (cut into quarters, for flavor only, do not eat)
6 Carrot (medium, peeled, roughly chopped)
1 Yellow Onion (cut into quarters)
3/4 tsp Sea Salt
3 tbsps Extra Virgin Olive Oil
1 tsp Fresh Sage (not used in elimination)
1 tbsp Rosemary (not used in elimination)
1 1/2 tbsps Thyme (not used in elimination)
2/3 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	553	Iron	4mg
Fat	29g	Vitamin D	31IU
Carbs	16g	Folate	48μg
Fiber	4g	Magnesium	79mg
Protein	57g	Zinc	3mg
Vitamin C	28mg		

DIRECTIONS

- Preheat the oven to 425°F (218°C). Arrange the orange and onion quarters in a large baking dish or a roasting pan.
- Season the turkey breast on all sides with two-thirds of the salt. Place the seasoned turkey breast on top of the orange and onion in the baking dish.
- In a small mixing bowl combine half of the oil with the sage, rosemary and two-thirds of the thyme. Spoon the oil mixture evenly over top of the turkey breast. Add the water to the bottom of the baking dish then bake the turkey breast for 20 minutes.
- Meanwhile, line a baking sheet with parchment paper. Place the carrots on the baking sheet and season with the remaining oil and salt.
- After the turkey has cooked for 20 minutes, reduce oven to 350°F (176°C). Place the carrots with the turkey. Continue cooking for 30 to 40 minutes or until the turkey is cooked through, the skin is brown and crispy and the carrots are cooked. Add more water to the pan if it evaporates or if the pan juices start to burn.
- Let the turkey rest for at least 10 minutes before slicing. Season the roasted carrots with the remaining thyme.

NOTES

RECIPE ID 111

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 6 oz of cooked turkey and 1 cup of carrots.

MORE FLAVOR

Use chicken broth instead of water.