

Citrus Herb Roasted Turkey Breast

4 SERVINGS 1 HOUR 5 MINUTES



INGREDIENTS

2 1/4 lbs Turkey Breast, Skin On (bone-in)
1 Navel Orange (cut into quarters)
1 Yellow Onion (cut into quarters)
1 tbsp Thyme (finely chopped)
1 tbsp Fresh Sage (finely chopped)
1 tbsp Rosemary (finely chopped)
1/2 tsp Sea Salt
1 1/2 tbsps Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

Calories	471	Iron	3mg
Fat	24g	Vitamin D	31IU
Carbs	8g	Folate	32µg
Fiber	2g	Magnesium	69mg
Protein	56g	Zinc	3mg
Vitamin C	22mg		

DIRECTIONS

- 01 Preheat your oven to 425°F (218°C). Arrange the orange and 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 orange and onion 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 220

ADDITIONAL TOPPING

Spoon pan juices over top of the sliced meat upon serving.

LEFTOVERS

Use cooked turkey in soups.

EXTRA FLAVOR

Use chicken broth instead of water.