

Herb and Citrus Roasted Turkey Breast



Makes: Serves up to 10 people

Prep Time: 5 to 10 minutes

Cook Time: 1 ¾ hours to 2 hours

Ingredients:

1 Whole Bone-In Turkey Breast, 6 1/2 to 7 pounds

1 tbs Minced Garlic (3 cloves)

2 tsp Dry Mustard

1 tsp Chopped Fresh Rosemary Leaves

1 tsp Chopped Fresh Sage Leaves

1 tsp Chopped Fresh Thyme Leaves

2 tsp Kosher Salt

1 tsp Freshly Ground Black Pepper

2 tsp Olive Oil

2 tsp Freshly Squeezed Lemon Juice

1 cup Dry White Wine

Directions:

Preheat the oven to 325 degrees. Place the turkey breast, skin side up, on a rack in a roasting pan.

In a small bowl, combine the garlic, mustard, herbs, salt, pepper, olive oil, and lemon juice to make a paste. Loosen the skin from the meat gently with your fingers and smear half of the paste directly on the meat. Spread the remaining paste evenly on the skin. Pour the wine into the bottom of the roasting pan.

Roast the turkey for 1 3/4 to 2 hours, until the skin is golden brown and an instant-read

thermometer registers 165 degrees when inserted into the thickest and meatiest areas of the breast. It is a good idea to test in several spots. If the skin is over-browning, cover the breast loosely with aluminum foil.

When the turkey is done, cover with foil and allow it to rest at room temperature for 15 minutes. Slice and serve with the pan juices spooned over the turkey.

Nutrition Facts: I wasn't able to get any nutrition facts on this recipe. But you already know how white turkey breast is an excellent source of lean protein. Just put this on the plate with some healthy carbohydrates and your good to go!