

HEALTHIER HOLIDAY RECIPES



TRADITIONAL HERBED ROAST TURKEY

SERVING SIZE: 4 OUNCES, SERVINGS PER RECIPE: 24

- ◆ 1 12-14 pound turkey
- ◆ 1 tablespoon snipped fresh rosemary or 1 teaspoon dried rosemary, crushed
- ◆ 1 tablespoon snipped fresh thyme or 1 teaspoon dried thyme, crushed
- ◆ 1 tablespoon snipped fresh sage or 1 teaspoon dried sage, crushed
- ◆ 1 teaspoon kosher salt or ½ teaspoon regular salt
- ◆ ½ teaspoon ground black pepper
- ◆ 3 small onions, quartered (12 oz total)
- ◆ 3 medium carrots, peeled and cut into 2-inch chunks
- ◆ 3 stalks celery, trimmed and cut into 2-inch chunks
- ◆ 1 cup water
- ◆ 1 tablespoon olive oil
- ◆ Fresh rosemary sprigs, fresh sage leaves, pomegranate wedges, tiny apples or pears, and/or kumquats (optional)

1. Preheat oven to 425°F. Remove neck and giblets from turkey, reserving neck bone. Rinse the inside of the turkey; pat dry with paper towels. In a small bowl, stir together snipped or dried rosemary, thyme, snipped or dried sage, salt, and pepper. Season inside of body cavity with half of the herb mixture. Pull neck skin to the back; fasten with a skewer. Tuck the ends of the drumsticks under the band of skin across the tail. If there is no band of skin, tie the drumsticks securely to the tail with 100 percent cotton kitchen string. Twist wing tips under the back.
2. Place turkey, breast side up, on a rack in a shallow roasting pan. Arrange onions, carrots, celery, and neck bone around turkey in roasting pan. Pour the water into the pan. Brush turkey with oil. Sprinkle turkey with remaining herb mixture. Insert an oven-going meat thermometer into the center of an inside thigh muscle; the thermometer should not touch bone. Cover turkey loosely with foil.
3. Roast for 30 minutes. Reduce oven temperature to 325°F. Roast for 2½ to 3 hours more or until the thermometer registers 180°F. About 45 minutes before end of roasting, remove foil and cut band of skin or string between drumsticks so thighs cook evenly. When turkey is done, the juices should run clear and the drumsticks should move easily in their sockets.
4. Remove turkey from oven. Transfer to a serving platter (reserve mixture in pan for gravy). Cover; let stand for 15 to 20 minutes before carving. If desired, garnish platter with rosemary sprigs, sage leaves, pomegranate wedges, tiny apples or pears, and/or kumquats. Makes 24 (about 4-ounce) servings.

NUTRITION FACTS PER SERVING: Calories: 229, Protein: 38 gm, Total Fat: 7 gm (Saturated Fat: 2 gm), Cholesterol: 137 mg, Sodium: 155 mg

DIABETIC EXCHANGES: Very Lean Meat(d.e): 5, Fat(d.e): 1

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