

Roast Turkey Breast with Rosemary, Sage, and Thyme

Perfect for a holiday gathering, this roast turkey breast can be prepared in less time than a whole turkey. Enjoy!

Makes: 8 servings

Source: US Department Of Agriculture, recipe/roast turkey with rosemary, sage, and thyme

Ingredients

- 3 pounds turkey breast half (with skin and bones)
- 1 onion, large quartered
- 1 carrot, large quartered
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
- 1 teaspoon rosemary
- 3 tablespoons olive oil
- salt and pepper (to taste, optional)
- chicken broth (or margarine, for basting, optional)

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Place turkey breast in roasting pan along with onion and carrot.
3. Mix spices with olive oil. Rub turkey with olive oil.
4. Roast turkey at 400 degrees Fahrenheit for 15 minutes. Baste with margarine and chicken broth (optional).
5. Reduce turkey temperature to 350 degrees Fahrenheit and roast turkey, basting every 20 minutes with pan juices (or margarine and chicken broth), about 1 hour and 15 minutes, or until meat thermometer inserted in thick part of meat registers 165 degrees Fahrenheit.
6. Remove to carving board and let rest for 10 minutes.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/8 of recipe	
Nutrients	Amount
Calories:	213
Total Fat:	6 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	270 mg
Total Carbohydrates:	3 g
Dietary Fiber:	1 g
Total Sugars:	1 g
Added Sugars:	0 g
Protein	35 g
Vitamin D	0 mcg
Calcium	26 mg
Iron	2 mg
Potassium	397 mg

Utensils Needed

- Knife
- Cutting Board
- Bowl
- Measuring Utensils
- Oven
- Roasting Pan
- Baster

SHOPPING LIST

Average total cost without oil and seasonings: \$9.07

Average cost/serving: \$1.12

Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Raw Turkey Breast Half (with skin
and bones, approx 3lb)



Add 1 to Cart
Large Onion



Add 1 to Cart
Large Fresh Carrot



Optional - Add 1 to Cart
Can Chicken Broth (14.5 oz)

My Cooking Notes
