

BRC Healthy Meal of the Week

How to Make a Healthy Thanksgiving Dinner from Buckeye Recreation Center

Ingredients (Single Serving)

Herb-Roasted Turkey

Total Prep Time 20 minutes

- 1 10-12-pound turkey
- 1/4 cup fresh herbs, plus 20 whole sprigs, such as thyme, rosemary, sage, oregano and/or marjoram, divided
- 2 tablespoons canola, oil
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- Aromatics, onion, apple, lemon and/or orange, cut into 2-inch pieces (1 2-Jan cups)
3 cups water, plus more as needed

Cooking Instructions—Total Cooking Time 70 minutes

1. Position a rack in the lower third of the oven; preheat to 475°F.
2. Remove giblets and neck from turkey cavities and reserve for making gravy. Place the turkey, breast-side up, on a rack in a large roasting pan; pat dry with paper towels. Mix minced herbs, oil, salt and pepper in a small bowl. Rub the herb mixture all over the turkey, under the skin and onto the breast meat. Place aromatics and 10 of the herb sprigs in the cavity. Tuck the wing tips under the turkey. Tie the legs together with kitchen string. Add 3 cups water and the remaining 10 herb sprigs to the pan.
3. Roast the turkey until the skin is golden brown, 45 minutes. Remove the turkey from the oven. If using a remote digital thermometer, insert it into the deepest part of the thigh, close to the joint. Cover the breast with a double layer of foil, cutting as necessary to conform to the breast. Reduce oven temperature to 350° and continue roasting for 1 1/4 to 1 3/4 hours more. If the pan dries out, tilt the turkey to let juices run out of the cavity into the pan and add 1 cup water. The turkey is done when the thermometer (or an instant-read thermometer inserted into the thickest part of the thigh without touching bone) registers 165°F. Transfer the turkey to a serving platter and cover with foil. Let the turkey rest for 20 minutes. Remove string and carve.

Couple your herb-roasted turkey with green bean almondine, sweet potato casserole, whole wheat rolls, and home made cranberry and you have one heck of a healthy Thanksgiving meal!

Nutrition Facts

Serving Size is about 3oz. Of Turkey

155 calories

5 g fat (1 g sat, 2 g mono)

63 mg cholesterol

25 g protein

0 g fiber

175 mg sodium

258 mg potassium.

