



Roast Turkey Breast with Rosemary, Sage, and Thyme



Ingredients



Adapted from (*Myplate*)

- 3 pounds turkey breast half (with skin and bones)
- 1 onion, large quartered
- 1 carrot, large quartered
- 1 tsp. dried sage
- 1 tsp. dried thyme
- 3 Tbsp. olive oil
- Salt and pepper (to taste, option)
- Chicken broth (or margarin, for basting, optional)



Directions



Yield: 8 **Serving size:** 1/8 recipe

Total cost: \$22.80 **Serving cost:** \$ 2.85

1. Preheat oven to 400°F. Place turkey breast in roasting pan along with onion and carrot.
2. Mix spices with olive oil. Rub turkey with olive oil.
3. Roast turkey at 400°F for 15 minutes. Baste with margarine and chicken broth (optional).
4. Reduce turkey temperature to 350°F 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°F.
5. Remove to carving board and let rest for 10 minutes.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



- Add gravy on top
- Garnish with different spices
- Refrigerate leftovers within 2 hours.

Second Harvest is an equal opportunity provider.

| Nutrition Facts | |
|--|------------|
| 8 servings per container | |
| Serving size | 1/8 recipe |
| Amount Per Serving | |
| Calories | 210 |
| % Daily Value* | |
| Total Fat 6g | 8% |
| Saturated Fat 4g | 20% |
| Trans Fat 0g | |
| Polyunsaturated Fat 0g | |
| Cholesterol 95mg | 32% |
| Sodium 65mg | 3% |
| Total Carbohydrate 3g | 1% |
| Dietary Fiber 1g | 4% |
| Total Sugars 1g | |
| Includes 0g Added Sugars | 0% |
| Protein 35g | 70% |
| Vitamin D 0mcg | 0% |
| Calcium 26mg | 2% |
| Iron 2mg | 10% |
| Potassium 397mg | 8% |
| *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |



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