
Herb-Roasted Breast of Turkey

Adapted slightly from Taste of Home, 2015



2 1/2 pounds turkey breast
2 1/2 teaspoons lemon juice
1/2 tablespoon olive oil
3/4 teaspoon freshly ground black pepper
1/2 teaspoon dried rosemary
1/2 teaspoon dried thyme
1/2 teaspoon garlic powder
1/2 medium onion, thickly sliced
3 stalks celery, chopped
3/4 cup vermouth, or other dry white wine

Per Serving (excluding unknown items): 497 Calories; 20g Fat (41.7% calories from fat); 56g Protein; 6g Carbohydrate; 1g Dietary Fiber; 166mg Cholesterol; 190mg Sodium. Exchanges: 0 Grain(Starch); 8 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 4

1. Preheat oven to 325°F.
2. Gently wedge a finger or two underneath the turkey skin, being careful not to tear it or dislodge it. Make room to drizzle (or use a brush) in the lemon juice and olive oil that you mix up in a small bowl. Pull turkey skin back in place.
3. In a small bowl combine the pepper, rosemary, thyme and garlic powder. Using your hands, pat the herb mixture on the skin of the turkey breast, spreading around to the edges. It's not necessary to do the under side as it's almost all bones.
4. In an 8x10 inch baking pan (with sides) place the onion slices and the celery chunks. Make it mostly flat and place the turkey breast on top, skin side up.
5. Add the white wine to the pan and bake for about 90 minutes, or until the breast meat has reached 170°. Remove from oven and allow to sit for 5 minutes before slicing and serving. The drippings can be made into a gravy, if desired, or save it to flavor soup broth.