



## Delicious Easy Roasted Turkey



Makes 16 servings

### Ingredients

- 11- to 13-pound whole turkey
- 1 cup extra-virgin olive oil
- ¾ cup chopped fresh rosemary, divided
- 7 tablespoons chopped fresh thyme, divided
- 8 tablespoons chopped fresh sage, divided
- 7 cloves garlic, minced
- ½ teaspoon freshly ground black pepper
- 1 medium onion, peeled and cut into 4 pieces
- 1 medium lemon, cut into 4 pieces
- 1 medium apple, core removed and cut into 4 pieces

### Directions

1. Remove thawed turkey from the refrigerator and allow to sit out for 1 hour.
2. Move oven rack to the middle of the oven. Preheat oven to 325 F.
3. In a small mixing bowl, combine oil, 1 ½ tablespoons rosemary, 1 ½ tablespoons thyme, 2 teaspoons sage and garlic. Stir. Cover and place in the refrigerator.
4. Remove the neck and package of giblets from the cavity of the turkey. (Save them for another use or throw them away.)
5. In a large bowl, combine black pepper, onion, lemon, apple, and remaining rosemary, thyme and sage. Stir. Stuff into the cavity of the turkey. Loosen the skin above the breast and rub a few tablespoons of the oil mixture (made in step 3) under the skin.



MAIN DISH



### Directions (continued)

6. Place the turkey in a roasting pan and tuck the wings underneath the body. Use a basting brush to brush the remaining oil mixture over the outside of the turkey.
7. Place the turkey in the oven and roast for 13 to 15 minutes per pound of turkey or until a cooking thermometer inserted into the center reaches 165 F. Check after a few hours and when the outside of the turkey is golden brown, cover loosely with aluminum foil for remaining cooking time to prevent burning.
8. Remove from oven and allow to sit out at room temperature for 15 to 25 minutes before carving. Enjoy warm!

= low sodium      = gluten free

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### Nutrition Facts

Serving Size 6 ounces (200g)  
Servings Per Container 16

Amount Per Serving

Calories 390    Calories from Fat 180

% Daily Value\*

Total Fat 20g    31%

Saturated Fat 3.5g    18%

Trans Fat 0g

Cholesterol 155mg    52%

Sodium 150mg    6%

Total Carbohydrate 4g    1%

Dietary Fiber 1g    4%

Sugars 2g

Protein 45g

Vitamin A 2%    •    Vitamin C 10%

Calcium 4%    •    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

|                    | Calories: 2,000   | 2,500   |
|--------------------|-------------------|---------|
| Total Fat          | Less than 65g     | 80g     |
| Saturated Fat      | Less than 20g     | 25g     |
| Cholesterol        | Less than 300mg   | 300mg   |
| Sodium             | Less than 2,400mg | 2,400mg |
| Total Carbohydrate | 300g              | 375g    |
| Dietary Fiber      | 25g               | 30g     |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 0