



Simple Garlic & Rosemary Turkey Recipe

Ingredients:

8-10 lb. turkey
6 whole garlic cloves
3 large lemons - halved
4 tsp dried rosemary - crushed
2 tsp sage

Directions:

Cut 6-8 small slits in turkey skin with sharp knife, careful not to cut into the meat. Insert garlic in the space between the skin and meat. Squeeze the two lemon halves, inside the turkey and then stuff and leave them inside.

Squeeze remaining lemon juice over outside of turkey. Spray the turkey thoroughly with non-stick cooking spray and then sprinkle evenly with the rosemary and sage.

Place centered on a rack in a large but shallow (3-5 in high) roasting pan. Bake uncovered at 325 degrees F for 65 minutes, then cover and bake 2 1/2-3 1/2 hours until meat thermometer inserted into the thickest portion reads 185 degrees F.

Nutritional Information Per 1/4 Turkey:

Calories: 425 With Skin, 343 Without Skin
Fat: 36 Grams With Skin, 16 Grams Without Skin
Protein: 62 Grams
Carbs: 3 Grams
Cholesterol: 305 Milligrams