



## HERB ROASTED TURKEY

Basic Lifestyle

### **INGREDIENTS**

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

### **INSTRUCTIONS**

- Position a rack in the lower third of the oven; preheat to 475°.
- 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 herb mixture all over turkey, under skin and onto the breast meat.
- Place aromatics and 10 of the herb sprigs in the cavity. Tuck wing tips under the turkey. Tie legs together with kitchen string. Add 3 cups water and the remaining 10 herb sprigs to the pan.
- 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°.
- Transfer turkey to a serving platter and cover with foil. Let the turkey rest for 20 minutes. Remove string and carve.

**SERVING INFO:** (Yields 12 servings):

1 serving = 3 oz. turkey = 1 P

See photo of recipe at [Instagram](#) and [Facebook](#).