

Citrus Herb Turkey Breast

Trish

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Servings: 6

3 to 4 pound turkey half-breast, skin intact
1 orange, quartered
1 onion, cut into wedges
2 sprigs fresh thyme
2 sprigs fresh rosemary
1 tablespoon extra-light olive oil
1/2 tablespoon fresh thyme, chopped
1/2 tablespoon fresh rosemary, chopped
salt (to taste)
pepper (to taste)

Preparation Time: 10 minutes

Cook Time: 40 minutes

Preheat the oven to 450 degrees.

Rinse the turkey breast. Pat dry with paper towels.

Place quartered oranges and onion wedges on a parchment-lined rimmed baking sheet. Top with sprigs of fresh thyme and rosemary.

Drizzle olive oil over the turkey breast. Sprinkle with chopped thyme, rosemary, salt and pepper, to taste. Rub into the skin.

Place the turkey breast into the oven. Cook for 20 minutes.

Reduce the heat to 350 degrees. Cook an additional 20 to 30 minutes or until the turkey reaches 165 degrees with an instant read thermometer.

Remove the turkey from the oven. Tent with foil for 20 minutes.

Slice and serve.

**** If the turkey skin isn't as crisp as you like after cooking, place under the broiler for 3 to 5 minutes or until golden brown. Then tent with foil.

**** Double the ingredients for a whole turkey breast.

Per Serving (excluding unknown items): 19 Calories; trace Fat (4.3% calories from fat); trace Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 0 Fat.