

# Herb and Garlic Roasted Turkey Breast

## Ingredients:

- 3 lb. turkey breast, bone in, skin on
- 2 garlic cloves, minced
- 1 teaspoon thyme
- 1 teaspoon rosemary
- 1 teaspoon dried sage leaves
- 1/2 teaspoon pepper
- Pinch of salt
- 2 tablespoons olive oil

## Directions:

1. Preheat oven to 350°F. Rinse turkey breast and pat it dry.
2. Combine garlic, herbs, salt, pepper, and olive oil in a small bowl. Rub the mixture all over the turkey, top to bottom, and underneath the skin. Place in a roasting pan or a rimmed baking sheet. No rack required.
3. Roast for 45 minutes to 1 hour, or until an instant read thermometer inserted into the thickest part of the breast, without touching the bone, reads 165°F.
4. Cover the turkey with foil and allow it to rest for 10 minutes. Carve and serve.

## Nutrition Facts

Serving Size 2 slices (233g)  
Servings Per Container 6

Amount Per Serving

Calories 310      Calories from Fat 70

% Daily Value\*

**Total Fat** 8g      **12%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol** 120mg      **40%**

**Sodium** 280mg      **12%**

**Total Carbohydrate** 3g      **1%**

Dietary Fiber 0g      **0%**

Sugars 0g

**Protein** 48g

Vitamin A 0%      • Vitamin C 0%

Calcium 0%      • Iron 0%

\*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

For more information, please contact:

**Benteh Nuutah**

**Valley Native Primary Care Center**

**Wellness Center**

(907) 631-7630

southcentralfoundation.com

Source: <https://flavorthemoments.com/simple-herb-garlic-roasted-turkey-breast/>

