



Rosemary Roast Turkey Breast with Orange-Maple Glaze *in a new light*

Makes: 8 servings

Prep Time: 20 minutes

Cook Time: About 2 hours

Difficulty: Medium

Ingredients:

- 1 tablespoon grated orange zest
- 2 teaspoons chopped fresh rosemary
- 2 teaspoons chopped fresh sage
- 1 teaspoon canola oil
- 2 garlic cloves, minced
- 1 (4 1/2–5 pound) bone-in turkey breast
- 1/3 cup orange marmalade fruit spread
- 2 tablespoons maple syrup
- 2 teaspoons Dijon mustard

Orange-Rosemary Sauce

- 1/2 cup low-sodium chicken broth
- 1/4 cup orange juice
- 1 tablespoon lemon juice
- 1/8 teaspoon salt

Directions:

Preheat the oven to 350°F. Spray a medium roasting pan and rack with nonstick spray.

Combine the orange zest, rosemary, sage, oil, and garlic in a small bowl until well mixed. With your fingers, loosen the skin on the breast. Rub the herb mixture evenly on the meat under the skin. Press the skin back into place. Place the turkey, skin-side up, on the rack in the pan. Roast until an instant-read thermometer inserted into the thickest part of the breast registers 140°F, about 1 hour 15 minutes.

Combine the marmalade fruit spread, maple syrup, and mustard in a small bowl until well mixed.

When the turkey reaches 140°F, remove from the oven and brush evenly with the marmalade mixture. Return to the oven and roast until the turkey is glazed and browned and an instant-read thermometer inserted into the thickest part of the breast registers 165°F, 15–20 minutes longer. Let stand 15 minutes.

To make the sauce, scrape the drippings from the roasting pan and transfer to a large glass measuring cup. Let stand 5 minutes; then skim off the fat and discard.

Whisk together the broth, orange juice, lemon juice, and salt in a small bowl. Stir into the skimmed pan drippings.

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Ingredients (cont'd)

- 2 teaspoons canola oil
- 1 shallot, thinly sliced
- 2 teaspoons all-purpose flour
- 1 teaspoon unsalted butter
- 1 teaspoon chopped fresh rosemary

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Heat the oil in a medium skillet over medium-high heat. Add the shallot and cook, stirring occasionally, until tender, 2–3 minutes. Stir in the flour and cook 1 minute. Add the drippings mixture and bring to a boil. Cook, stirring occasionally, until the sauce thickens slightly, about 3 minutes. Remove from heat; swirl in the butter and rosemary.

Makes 1 cup sauce.

Carve the turkey into 24 slices and serve with the sauce. Remove the skin before eating.

Nutritional Information: *Per serving (3 slices turkey with 2 tablespoons sauce): 300 calories, 3.5 g fat (1 g saturated, 0 g trans), 125 mg cholesterol, 170 mg sodium, 13 g carbohydrate, 0 g fiber, 50 g protein.*

Material reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics.

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and Education**
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A good balance of the right foods, along with regular exercise and your prescribed medications, can help you feel better and stay healthier. As with any meal, remember to pay attention to portion size and enjoy every dish as part of your overall meal plan. Work with your health care team to determine a meal plan that works for you.



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