

## Roast Turkey

### INGREDIENTS:

- 12 lb Turkey, giblets removed, washed inside and out
- 2 sprigs of thyme
- 2 sprigs of oregano
- 2 sprigs of sage
- 3 sprigs of fresh parsley
- 3 T olive oil
- 2 T dry white wine
- 2 T paprika
- 3 ea small oranges, peeled and cut into wedges
- 2 ea onions, cut into wedges
- 1 C low-fat, low-sodium chicken broth
- fresh pepper to taste

### DIRECTIONS:

Preheat oven to 325 degrees F. With your fingers, lift up skin of turkey breast and slip thyme, oregano, sage and parsley underneath skin. Combine oil, wine, paprika and pepper. Rub this mixture over the surface of the turkey. Place the oranges and onions inside the turkey.

Place turkey, breast side down in roasting pan. Pour the chicken broth into bottom of pan. Cover loosely with foil. Roast for 20-25 minutes per pound, basting periodically. Halfway through, place turkey breast side up. During the last 45 minutes of roasting, remove cover. Continue to roast until the leg moves easily and juices run clear. Let stand for 20 minutes to help let juices settle for easier carving.

Makes 8 servings.  
Calories: 203/serving

### NUTRITIONAL INFORMATION PER SERVING:

28g protein  
9g carbohydrates  
6g fat  
80mg sodium  
72mg cholesterol  
2g fiber