

Herb Roasted Turkey Breast

Serving Information

Serves 16 (1 serving = approximately 3 ounces)

Ingredients

1 boneless, skinless turkey breast (approximately 3 pounds)

Non-fat cooking spray

Optional seasoning rub:

2 Tbsp. parsley

2 tsb. Sage

1 Tbsp. rosemary

2 Tbsp. thyme

1 clove garlic

Equipment

Small roasting pan, 8x8 casserole, or baking dish

Measuring cups and spoons

Directions

1. Pre-heat oven to 350F.
2. Lightly spray small roasting pan, casserole, or baking dish with non-fat cooking spray.
3. Mix parsley, sage, rosemary, thyme, and garlic together to create a seasoning rub. Apply to turkey breast.
4. Place turkey breast in baking dish.
5. Bake to an internal temperature of 165F, approximately 45 minutes.

| Nutrition Facts | |
|------------------------------|----------------------|
| Serving Size 3 ounces (87g) | |
| Serving Per Container 16 | |
| Amount Per Serving | |
| Calories 131 | Calories from Fat 27 |
| % Daily Values* | |
| Total Fat 3g | 5% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Polyunsaturated Fat 1g | |
| Cholesterol 58mg | 19% |
| Potassium 255mg | 7% |
| Sodium 190mg | 8% |
| Total Carbohydrate 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| Protein 25g | 50% |
| Calcium 2% | Iron 6% |

* 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 |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |