

Herb-Roasted Turkey



Prep Time: 30 minutes

Cook Time: 3 ½ Hours

Ingredients:

1. 1 10-12 pound turkey
2. ¼ cup fresh herbs, plus 20 whole sprigs, such as thyme, rosemary, sage, oregano and/or marjoram, divided
3. 2 Tbsp. canola, oil
4. 1 tsp. salt
5. 1 tsp. freshly ground pepper
6. Aromatics, onion, apple, lemon and/or orange, cut into 2-inch pieces (1 ½ cups)
7. 3 cups water, plus more as needed

Directions:

1. Position a rack on the lower third of the oven: preheat to 475°F.
2. Remove giblets and neck from turkey cavities and reserve for making gravy. Place the turkey, breast-side up, on a rack in a large roasting pan; pat dry with paper towels. Mix minced herbs, oil, salt and pepper in a small bowl. Rub the herb mixture all over the turkey, under the skin and onto the breast meat. Place aromatics and 10 of the herb sprigs in the cavity. Tuck the wing tips under the turkey. Tie the legs together with kitchen string. Add 3 cups of water and the remaining 10 herb sprigs to the pan.
3. Roast the turkey until the skin is golden brown, 45 minutes. Remove the turkey from the oven, if using a remote digital thermometer, insert it into the deepest part of the thigh, close to the joint. Cover the breast with a double layer of foil, cutting as necessary to conform to the breast. Reduce oven temperature to 350° and continue roasting for 1 ¼ to 1 ¾ hours more. If the pan dries out, tilt the turkey to let juices run out of the cavity into the pan and add 1 cup water. The turkey is done when the thermometer (or an instant-read thermometer inserted into the thickest part of the thigh without touching bone) registers 165°F.
4. Transfer the turkey to a serving platter and cover with foil. Let the turkey rest for 20 minutes. Remove string and carve.

Nutrition Facts

Makes 12 servings

Amount per serving: **without the skin**

Calories	155
Net Carbs	0g
Dietary Fiber	0g
Total Fat	5g
Protein	25g