

# Apple Shallot Roasted Turkey

## Ingredients:

Yield: 10 servings

- 1-10 to 12 lb turkey (thawed)
- 2 tbsp canola oil
- 2 tbsp chopped fresh parsley, plus 3 sprigs
- 1 tbsp chopped fresh sage, plus 3 sprigs
- 1 tbsp chopped fresh thyme, plus 3 sprigs
- 1 tsp kosher salt
- 1 tsp freshly ground pepper
- 1½ lbs shallot, peeled and halved lengthwise, divided (1½ pounds or approx. 12 shallots)
- 1 tart green apple, quartered
- 3 cups water, plus more as needed

## Directions:

1. Make sure to follow food safety practices and thaw your turkey in a refrigerator or cold water bath. Go to [www.foodsafety.gov](http://www.foodsafety.gov) for more tips.
2. Position rack in lower third of oven; preheat to 475° F.
3. Remove giblets and neck from cavities. Place turkey, breast-side up, on a rack in a large roasting pan; pat dry with paper towels.

*Continued*

### **Directions** (Continued):

4. Combine oil, parsley, sage, thyme, salt and pepper in a small bowl. Rub the herb mixture all over the turkey, under the skin and onto the breast meat. Place herb sprigs, 6 shallot halves and apple in the cavity. Tuck the wing tips under the turkey. Tie the legs together with kitchen string. Add 3 cups water to the pan.
5. Roast turkey until the skin is golden brown, 45 minutes. Remove from oven. Insert thermometer. Cover the breast area with double layer of foil. Scatter remaining shallots in pan around turkey. Reduce oven to 350° F and cook until the thermometer registers 165° F, 1 to 1¾ hours. Add water to pan as needed.
6. Transfer turkey to a serving platter and tent with foil. Let rest for 20 minutes. Remove string and carve.

### **Nutrition Facts:** (per 6 oz serving)

Calories: 155 • Fat: 5g

Sodium: 115mg • Carbohydrates: 0g

Dietary Fiber: 0g • Protein: 25g



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