



KIDNEY-FRIENDLY & HEART-HEALTHY

Cranberry Orange Turkey

Makes 6 servings



INGREDIENTS

3-4 lb turkey breast roast, boneless

Rub Blend

- 2 Tbsp brown sugar**
- 4 garlic cloves, minced**
- 2 Tbsp canola oil**
- 1 Tbsp dark molasses**
- 1/4 tsp ground cinnamon**
- 1/4 tsp ground nutmeg**
- 1/4 tsp ground black pepper**

Sauce

- 2 cups fresh cranberries**
- 14 oz can whole berry cranberry sauce**
- 1/2 cup orange marmalade**
- 1 cup orange juice, fresh**
- 1 orange zested**
- 2 Tbsp cornstarch**

DIRECTIONS

Preheat oven to 375°F.

Mix the "Rub Blend" ingredients in a small bowl and rub it onto the turkey.

In a medium bowl, combine the cranberry sauce, orange marmalade, fresh cranberries, and orange zest. Stir to mix.

Whisk orange juice and cornstarch in a cup, then stir into the cranberry mixture.

Grease a roasting pan that fits the turkey snugly. Place the turkey breast roast in the pan and pour the cranberry mixture around it.

Bake for about 1 1/2 hours, or until the turkey's internal temperature reaches 165°F.

Remove the roasting pan from the oven, cover it with aluminum foil, and let it rest for 15 minutes before slicing the turkey.

Garnish with fresh cranberries and extra orange zest before serving

Enjoy!

Nutrition Facts Per Serving (3 oz breast with skin)	Calories	392
	Carbohydrates	63 g
	Protein	23 g
	Total Fat	6 g
	Phosphorus	206 mg
	Potassium	411 mg
	Sodium	134 mg

The recipes contained here are for educational purposes to promote a healthy diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your health condition, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.