

KIDNEY-FRIENDLY & HEART-HEALTHY

# Herb-Roasted Turkey

Makes 8 servings



## INGREDIENTS

- 1 (12 pound) fresh turkey**
- Pepper, to taste**
- 1 large bunch fresh thyme**
- 1 lemon, halved**
- 1 yellow onion, quartered**
- 1 head garlic, halved crosswise**
- 4 Tbsp unsalted butter, melted**

<b>Nutrition Facts Per Serving</b> (4 oz breast with skin)	Calories	207
	Carbohydrates	0 g
	Protein	32 g
	Total Fat	8 g
	Phosphorus	246 mg
	Potassium	266 mg
	Sodium	106 mg

## DIRECTIONS

Preheat oven to 350°F.

Remove the giblets and any excess fat from the turkey. Wash the inside and out and pat the outside dry.

Place the turkey in a large roasting pan. Sprinkle pepper inside the turkey and stuff the thyme, lemon, onion, and garlic.

Brush the outside of the turkey with butter and sprinkle with pepper.

Tie the legs together with a string and tuck the wing tips under the body of the turkey.

Roast the turkey for 2 1/2 hours, basting from time to time with pan juices, until the juices run clear when you cut between the leg and the thigh.

Remove the turkey to a cutting board and cover with foil; let it rest for 20 minutes.

Slice the turkey and enjoy!

*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.*