

Roasted Turkey Breast with Lime and Herbs

Ingredients

Cooking spray

1 3½-pound turkey breast half with skin, thawed if frozen

3 tablespoons fresh lime juice

2 tablespoons olive oil

4 medium garlic cloves, minced

1 teaspoon dried oregano, crumbled

½ teaspoon dried tarragon, crumbled

½ teaspoon salt

½ teaspoon red hot-pepper sauce

¼ teaspoon pepper

¼ cup finely snipped fresh parsley

Cooking Instructions

Lightly spray a large glass baking dish with cooking spray. Put the turkey in the baking dish. In a small bowl, stir together the remaining ingredients except the parsley. Once ingredients are mixed, then stir in the parsley.

Using a tablespoon or your fingers, gently loosen the skin from the breast meat, creating a pocket. Being careful to not break the skin, spoon the parsley mixture as evenly as possible under the skin. Gently pull the skin over any exposed meat. Cover tightly with plastic wrap and refrigerate for 8 to 12 hours.

Preheat the oven to 325°F. Remove the plastic wrap from the turkey.

Roast the turkey with the skin side up for 1 hour 30 minutes to 1 hour 45 minutes, or until a meat thermometer or instant-read thermometer inserted into the thickest part of the breast registers 170°F and the juices run clear. Transfer to a cutting board. Let stand for 15 minutes for easier slicing and to let the turkey continue cooking (the internal temperature will rise at least 5°). Discard the skin before eating the turkey.

**American Heart Association Holiday Eating Guide

