

## ***France's Herb Roasted Turkey Breast***

*Recipe from Ellie Krieger's cookbook "The Food Your Crave: Luscious Recipes for a Healthy Life"*

### **Ingredients:**

1 (6 lb) turkey breast, skin removed, bone in (this helps make sure the meat stays moist)  
2 tbsp olive oil  
4 cloves garlic, crushed  
2 tsp finely chopped fresh sage (or 1 tsp dried, crumbled)  
2 tsp finely chopped fresh thyme (or 1 tsp dried, crumbled)  
2 tsp finely chopped rosemary (or 1 tsp dried, crumbled)  
1 tsp salt  
1/2 tsp freshly ground pepper

### **Directions:**

Preheat oven to 375 F.

Rinse the turkey breast and dry. In a small bowl, combine the oil, garlic, herbs, salt and pepper and rub the mixture onto the turkey breast.

Transfer the breast to a roasting pan and roast until the juices run clear when pierced with a fork and an instant-read meat thermometer inserted into the thickest part, away from the bone, registers 165F (about 1 to 1-1/4 hours).

Let rest covered with foil for 10 minutes before carving.

*Serves 8, about four 1/2 inch thick slices*

*Calories :325*

*Total Fat: 4g*

*Protein: 66.6g*

*Carb: 1g*

*Fiber: 0g*

*Chol:167mg*

*Sodium:425ma*