



## Thyme & Garlic Roasted Turkey Breast

*Makes 6 servings. Recipe from Cooking Light Magazine.*

### Ingredients

2 teaspoons minced fresh thyme  
1 teaspoon grated lemon rind  
1/4 teaspoon coarsely ground pepper  
1/8 teaspoon salt  
2 garlic cloves, crushed  
2¼-pound turkey breast half  
Sheet of cooking parchment or cooking spray  
Thyme sprigs (for garnish)  
Whole peppercorns (for garnish)

### Nutritional info per serving

Calories:	231
Total Fat:	1g
Cholesterol:	94mg
Sodium:	91mg
Protein:	37g

### Directions

1. Preheat oven to 400°F.
2. Combine first 5 ingredients in a small bowl (fresh thyme through garlic).
3. Loosen skin from turkey by inserting one hand, palm side down. Gently push hand beneath the skin and against the meat to loosen skin. Rub thyme mixture over turkey. Press skin to secure.
4. Place breast half, skin side up, on a broiler pan lined with parchment paper or coated with cooking spray. Insert meat thermometer into meaty part of breast.
5. Bake at 400° for 90 minutes or until meat thermometer registers 180°. Let stand 10 minutes. Cut breast into thin slices; garnish with thyme sprigs and whole peppercorns.