

Roasted Turkey Breast

Easy and herbs enhance a plain turkey breast.

MAKES 8 SERVINGS

- 1 (3-pound) fresh turkey breast
- 1/2 cup canned fat-free chicken broth
- 1 tablespoon dried rosemary leaves
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme leaves
- 1 teaspoon dried oregano leaves
- 1/4 teaspoon black pepper

Preheat oven to 375 degrees. Rinse the breast and pat dry. Place in a shallow baking dish. Add the broth and enough water to come up to 1/4 inch in the dish. Sprinkle the rosemary, garlic powder, thyme, oregano, and pepper all over turkey. Bake for 1 to 1 1/2 hours or until the internal temperature is 170 degrees on a meat thermometer. Remove skin before serving.

Nutritional information per serving

Calories 150, Protein (g) 33, Carbohydrate (g) 1, Fat (g) 1, Cal. from Fat (%) 6, Saturated Fat (g) 0, Dietary Fiber (g) 0, Cholesterol (mg) 89, Sodium (mg) 119, Diabetic Exchanges: 4 very lean meat

DOC'S NOTES:

Light and easy on the stomach when you have had problems with diarrhea.

