

## **Chef Mani's Roasted Turkey**

Serving size: 4-5 ounces turkey

Serves: 20

### **Ingredients:**

1-12 pound turkey, thawed  
2 red apples  
1 medium yellow onion  
2 medium oranges, washed and unpeeled  
2 lemons, washed and unpeeled  
1 teaspoon black pepper  
6 stalks celery, roughly chopped  
6 carrots, roughly chopped  
6 tablespoons margarine, softened  
6 – 8 sprigs fresh thyme  
1 large sprig fresh sage

### **Directions:**

1. Preheat the oven to 325 degrees.
2. Remove giblets from the turkey. Rinse the cavity.
3. Quarter the apples, onion, oranges and lemons and place them in the cavity of the bird.
4. Place the celery and carrots in a single layer in the bottom of a shallow roasting pan.
5. Place the turkey, breast side up on a rack on top of the celery and carrots in the roasting pan.
6. Stir together the margarine, pepper, thyme and sage. Starting from the neck, work small amounts of the margarine mixture in between the skin and flesh. Do the same from the cavity side working back under the skin toward the neck.
7. Place a meat thermometer in the thigh muscle so that it is not touching a bone.
8. Roast the turkey for 3 1/2 to 4 1/2 hours until the internal temperature of the thigh muscle reaches 180 degrees.
9. When the turkey begins to turn golden, place a tent of aluminum foil loosely over it.
10. Remove from the oven and let stand 15 minutes before slicing.

### **Exchanges per serving:**

1 Vegetable; 1/2 Fat

### **Nutrients per serving:**

Calories: 367

Calories from fat: 174

Total Fat: 19g

Cholesterol: 135mg

Sodium: 168mg

Total Carbohydrate: 6g

Dietary Fiber: 1g

Protein: 41g