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## Healthy Roast Turkey

### Equipment:

wooden skewers

undyed, unbleached cotton string

open roasting pan with rack

meat thermometer

aluminum foil

### Ingredients:

1 14-lb fresh or thawed ready-to-stuff turkey

2-3 onions, peeled and quartered

1-2 lemons, washed and halved

2 sprigs fresh rosemary

1 sprig fresh thyme

nonfat, zero-calorie cooking spray

1 can low fat/fat free turkey or chicken broth

### Instructions:

- Preheat oven to 325 degrees Fahrenheit.
- Remove giblets and neck from turkey, rinse bird with running cold water and drain well. Place one onion quarter into neck cavity, fold neck skin over onion, and fasten to back with 1 or 2 skewers.
- Stuff body cavity with onion quarters, lemon halves, and fresh herb sprigs. Fold skin over opening, fasten with skewers. With string, tie legs and tail together.
- With turkey breast-side up, lift wings up toward neck, then fold under back of the bird so they stay put, and place thus on rack in large open roasting pan. Spray skin with cooking spray, and insert meat

thermometer into thickest part of turkey, between breast and thigh, being careful the pointed end does not touch bone.

- Roast about 5 hours, basting every 45-60 minutes with fat-free turkey or chicken broth, as desired, and cover loosely with a tent of aluminum foil when bird turns golden.
- During the last hour of roasting, check temperature periodically. The turkey is done with the meat thermometer reaches 180 to 185 degrees Fahrenheit, and the thickest part of the drumstick feels soft when pressed.