

Thanksgiving Turkey Recipes



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Thanks

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Plain and Simple Roast Turkey

What You Need:

1 (18 lb.) whole turkey
5 C of your favorite stuffing
1/2 C unsalted butter, softened
Salt to taste
Pepper to taste
1 1/2 qt. turkey stock



How to Make It:

Clean the turkey by removing the neck and giblets and rinsing the turkey with cold water.
Pat the turkey dry with paper towel inside and outside.
Bring the oven temperature up to 325 degrees.
Move the rack to the lowest position you can in your oven.
Place a roasting rack into a large roasting pan.
Stuff the turkey cavity with your favorite stuffing mixture.
Rub the turkey skin with the soft butter making sure to cover the whole outside of the turkey.
Sprinkle on the salt and pepper to taste.
Pour 2 C of the turkey stock into the bottom of the roasting pan.
Place the turkey breast side up on the rack in the pan.
Make a tent out of aluminum foil to completely cover the turkey but not over the roasting pan.
Place the turkey in the oven and allow roasting for 2 1/2 hours being sure to baste the turkey every 30 minutes with the stock in the roasting pan.
If the stock should evaporate add 2 C to the roasting pan and continue adding as necessary 1 to 2 C at a time.
After 2 1/2 hours remove the aluminum foil and continue roasting for another 1 1/2 hours or until a meat thermometer reaches 180 degrees when inserted into the thigh.
Be sure to continue basting every 30 minutes during the last 1 1/2 hour of roasting.
Remove the turkey from the oven and place on a large platter for at least 30 minutes before carving.

Serves 24

Any type of stuffing works with this roasted turkey. You don't even have to use stuffing if you prefer not too. It tastes great with or without.

Just Like Grandma's Roasted Turkey

What You Need:

- 1 (12 lb.) whole turkey, thawed
- 6 tbsp. butter, divided
- 4 C warm water
- 3 tbsp. chicken bouillon
- 2 tbsp. onion powder
- 2 tbsp. parsley, chopped fine
- 2 tbsp. seasoning salt
- 1 tsp. pepper

How to Make It:

Prepare the turkey by removing the giblets and rinsing the turkey in cold water. Use paper towels to dry the turkey well.

Separate the skin from the turkey meat on the breasts by inserting your finger and carefully lifting the skin up to make a pocket.

Place 3 tbsp of butter under the skin on each side.

Place the oven temperature on 350 degrees and allow the oven to preheat.

Place the turkey in a large roasting pan being sure the breast side is facing up.

Pour the water into a large mixing bowl.

Sprinkle in the bouillon, onion powder and parsley being sure to mix well to combine.

Pour the mixture over the top of the turkey.

Sprinkle the turkey with the season salt and pepper.

Cover the turkey tightly with aluminum foil.

Bake 3 hours 30 minutes basting the turkey with the juices in the pan every 30 minutes.

Remove the aluminum foil and continue roasting for 45 minutes.

The turkey skin should be golden brown and the internal temperature of the breast meat should be 170 degrees when the turkey is done.

Remove from the oven and allow the turkey to stand 30 minutes before carving.

Serves 12

Placing the butter between the skin and the meat helps the meat to stay moist during roasting. It also helps with the browning of the skin when the turkey has not been basted with oil.

Simple Apple Roasted Turkey

What You Need:

1 (12 lb.) whole turkey, thawed
1 C extra virgin olive oil
3 tbsp. salt
1 sweet apple, cored, peeled and chunked



How to Make It:

Remove the giblets and neck from the inside of the turkey.
Rinse the turkey with cold water inside and out, allow the water to drain from the turkey then pat dry.
Rub the olive oil over the entire turkey.
Sprinkle the turkey with the salt to cover.
Place the chunked apple inside the turkey cavity.
Set the oven temperature to 350 degrees and allow the oven to heat up.
Place the turkey breast side down in a large roasting pan.
Roast the turkey for 3 hours.
Carefully turn the turkey so the breast side is up.
Continue roasting 45 minutes or until the internal temperature of the thigh reaches 180 degrees.
Allow the turkey to stand 30 minutes before carving.

Serves 12

Thawing a turkey can be a stressful event. There are two safe ways to thaw that turkey. The safest way is to place the turkey in the refrigerator. Allow 1 day per 5 lbs. of turkey to make sure it is thawed completely.

The second way is to submerge the turkey in cold water. Leave the turkey in the wrapper and completely cover the turkey with the cold water. If necessary weight the turkey down to make sure it stays covered. Be sure to change the water every 30 minutes to ensure safety.

The general rule is 30 minutes per pound to completely thaw the bird.

Flipped Butter Turkey

What You Need:

1 (13 lb.) whole turkey, thawed
1/2 C butter
1 C water

How to Make It:

Remove the giblets and neck from inside the turkey cavity.
Clean the turkey well with cold water and pat dry inside and out.
Set the oven temperature to 350 degrees and allow the oven to heat up.
Place the turkey breast down in a large roasting pan.
Insert 1/4 C of the butter into the cavity of the turkey.
Place the remaining 1/4 C of butter around the turkey in the roasting pan.
Carefully pour the water into the pan so you don't splash the turkey.
Cover the turkey tightly with a piece of aluminum foil.
Roast 3 hours or until the internal temperature of the thickest part of the thigh reaches 180 degrees and juice runs clear.

Serves 12

This recipe is one of the simplest ways to roast a turkey. The butter makes the turkey very moist and enhances the flavor. More water can be added 1/4 C at time during roasting if necessary.

Roasted Lemon Rosemary Herbed Turkey

What You Need:

2 tbsp. oil from a jar of oil packed sun dried tomatoes, divided
4 tsp. fresh rosemary, chopped
1 tbsp. garlic, minced
2 tsp. lemon peel, grated
1 (12 lb.) whole turkey, thawed
3 (14 oz.) cans chicken broth, divided
1 large onion, cut into wedges, divided
6 oil packed sun dried tomatoes, chopped and divided
1/4 tsp. salt
1/4 tsp. pepper
1 lemon, quartered
3 garlic cloves, crushed



How to Make It:

Place 2 tbsp of the oil from the tomatoes into a mixing bowl.
Add the rosemary, minced garlic and lemon peel.
Use your hands to loosen the skin of the turkey over the breast area.
Rub the oil mixture under the skin and over the flesh of the turkey.
Place the turkey in the refrigerator for 1 hour.
Place 1 C of the broth, half of the onion wedges and half of the sun dried tomatoes in the bottom of a roasting pan.
Place a rack that has been sprayed with a non stick cooking spray into the pan.
Bring the oven temperature to 350 degrees.
Rub the turkey with the remaining 1 tbsp of oil.
Sprinkle the salt and pepper over the entire turkey.
Place the turkey on the rack in the roasting pan.
Squeeze the lemon over the turkey and then place them in the turkey cavity.
Add the remaining onion, tomatoes and crush garlic in with the lemons.
Place a foil tent over the breast area of the turkey.
Roast 1 hour and then remove the foil.
Pour the remaining broth into the bottom of the pan and return the turkey to the oven.
Roast an additional 2 hours or until the internal temperature of the thigh reaches 180 degrees.
Allow the turkey to rest 25 minutes before carving.

Serves 12

Herb Seasoned Roasted Turkey

What You Need:

- 2 tbsp. butter, softened
- 1 tbsp fresh sage, chopped
- 1 tbsp. fresh thyme, chopped
- 1 tbsp. garlic, minced
- 1 apple, peeled, cored and cut into wedges
- 1 onion, cut into wedges
- 1 (12 lb.) whole turkey, thawed
- 2 (14 oz.) cans chicken broth, divided

How to Make It:

Place the softened butter into a mixing bowl.

Add the sage, thyme and garlic and mix until all the ingredients are incorporated together well.

Prepare the turkey by removing the neck and giblets and rinsing under cold water.

Drain any excess water from the turkey cavity and pat the outside dry with paper towel.

Rub the butter mixture over the entire turkey.

Fill the turkey cavity with the onion and apple wedges.

Spray a rack with a non stick cooking spray and place it in a shallow roasting pan.

Place the prepared turkey on the rack in the roasting pan.

Set the oven temperature on 350 and allow the oven to preheat.

Loosely tent foil over the turkey breast.

Pour 1 C of the broth into the bottom of the pan and if there are any apple and onion wedges left over place them in the pan also.

Bake 1 hour and then remove the foil.

Add the remaining chicken broth to the pan and return the turkey to the oven.

Continue roasting for 2 hours or until the internal temperature of the breast reaches 170 degrees.

Remove from the oven and allow standing 20 minutes before carving.

Serves 12

Use a roasting pan that fits the turkey size. The pan should be 3 to 4 inches deep with 2 inches open on each side the turkey. If it's too wide the juices will evaporate too quickly. Also be careful with the weight of the pan. Make sure you can safely lift the pan with the bird in and out of the oven.

Citrus Butter Turkey

What You Need:

1 (12 lb.) whole turkey, thawed
6 tbsp. unsalted butter, softened
1/2 tsp. salt
1/2 tsp. pepper
1 1/2 tsp. thyme
Juice from one fresh lemon
Juice from one fresh orange
1 onion, quartered
2 stalks of celery cut in large pieces
3 bay leaves
2 garlic cloves, unpeeled
2 C chicken broth



How to Make It:

Clean the turkey by removing the giblets and neck and running the turkey under cool water both inside and out.

Pat the turkey dry with paper towel being sure to also dry the inside of the turkey well.

Set the oven temperature on 325 degrees and allow the oven to heat while preparing the turkey.

Place the butter in a small mixing dish and add the salt, pepper and thyme.

Pour the juice from the lemon and orange into the dish.

Stir until combined noting that not all of the juice will incorporate into the butter.

Spread the butter over the outside and inside of the turkey being sure to cover the whole turkey.

Place the prepared onion, celery, bay leaves and garlic into the cavity of the turkey.

Secure the skin to the back of the turkey, turn the wing tips in and tie the legs together with twine.

Fill a roasting pan with the broth, place a rack in the pan and place the turkey on the rack.

Roast the turkey 45 minutes being sure not to open the oven during this time.

After 45 minutes, baste the turkey with the pan juices.

Continue roasting 2 hours basting every 20 minutes.

The turkey is done when the internal temperature of the thigh reaches 180 degrees.

Serves 12

Lemon Rubbed Roasted Turkey

What You Need:

1 (15 lb.) whole turkey, thawed
2 lemons cut in halves
1 tsp. salt
1 tsp pepper
1 onion, quartered
2 celery stalks, cut in chunks
2 carrots cut in chunks
2 parsnips cut in chunks
1/2 tsp. parsley
3 tbsp. butter, melted

How to Make It:

Place the oven on 400 degrees and allow it to heat while preparing the turkey. Remove the giblets and neck from the turkey and save for another use or discard.

Run under cool water both inside and out and pat dry.

Use 2 lemon halves and rub the inside of the turkey squeezing the juice into the turkey as you rub.

Sprinkle the turkey cavity with 1/2 tsp. salt and 1/2 tsp. pepper being sure to cover well.

Place the onion, celery, carrots and parsnips into the cavity of the turkey.

Sprinkle with the parsley.

Tie the legs together with twine and secure the neck skin over the back of the turkey.

Rub the remaining 2 halves of lemon over the outside of the turkey again squeezing out the juice as you rub.

Baste the turkey all over on the outside with the melted butter.

Sprinkle the remaining salt and pepper over the turkey.

Place the turkey, breast side down, on a rack in a large shallow roasting pan.

Put the turkey into the preheated oven for 30 minutes.

Reduce the heat of the oven to 350 degrees and continuing roasting 2 hours.

Reduce the heat again to 225 degrees and turn the turkey over so the breast will brown.

Continue roasting 1 hour 30 minutes or until the internal temperature reaches 170 degrees in the breast area of the meat.

Allow the turkey to rest 30 minutes before carving.

Serves 15

Herb Turkey with Honey Apricot Glaze

What You Need:

3/4 C unsalted butter, room temperature
3 tbsp. + 1/2 tsp. sage, chopped fine
1/2 tsp. salt
1 tsp. pepper
1 (21 lb.) turkey
4 C turkey broth, divided
2 C apricot preserves
2 tbsp. gingerroot, minced
2 tbsp. honey

How to Make It:

Place the butter in a small sauce pan.
Sprinkle in 3 tbsp. sage and the salt and pepper.
Heat on low temperature until the butter has melted being sure to stir constantly.
Clean the turkey by removing the neck and giblets and rinsing it under cold water.
Pat the entire turkey dry with paper towels.
Bring the oven temperature up to 400 degrees F.
Place a rack into a large roasting pan and pour 2 C of the broth into the pan.
Baste the turkey inside and out and with the melted butter mixture.
Tie the turkey legs together loosely with string.
Pour any remaining butter into the roasting pan with the broth.
Place the turnkey on the rack in the roasting pan.
Roast 40 minutes on 400 degrees F.
Reduce the oven temperature to 325 degrees F and roast for 90 more minutes.
Be sure to baste the turkey about every 30 minutes with the pan drippings.
If the drippings evaporate during roasting add more broth 1 C at time.
Place the apricot preserves in a sauce pan and place the pan over medium heat.
Stir in the minced gingerroot and the honey.
Bring the mixture to a light boil.
Reduce the heat to low and continue simmering for 15 minutes.
Mixture will reduce during cooking time.
After 90 minutes, brush the turkey completely with the apricot glaze.
Cover the turkey with an aluminum foil tent and continue roasting 50 minutes.
Remove the foil tent; brush the turkey again with the remaining glaze and roast an additional 20 minutes or until the turkey reaches an internal temperature of 180 degrees.
Place the roasted turkey on a platter and allow it to stand 30 minutes before carving.

Serves 30

Sweet Cranberry Sauce Turkey

What You Need:

1 (16 lb.) whole turkey thawed
1 tsp. salt
1 tsp. pepper
3 tbsp. unsalted butter
3 onions, chopped
1 (15 oz.) can of jellied cranberry sauce
1/2 C brown sugar



How to Make It:

Clean the thawed turkey under cold water, remove the neck and giblets and pat the turkey dry with paper towel.
Salt and pepper the inside cavity of the turkey.
Tie the legs together with string and twist the wings tips back.
Spray a wire rack with a non stick cooking spray.
Place the rack into a large roasting pan.
Place the turkey on the wire rack and cover with aluminum foil.
Bring the oven temperature up to 325 degrees.
Roast the turkey for 2 hours being sure to baste the turkey about every 45 minutes with the juices from the pan.
Place the butter in a saucepan over medium heat.
Allow the butter to melt completely then add the onions.
Continue to cook the onions in the butter until they are very soft but not browned.
Add the cranberry sauce and brown sugar stirring well.
Place the heat on medium high and bring mixture to a steady boil.
Reduce the heat to low and continue cooking 10 minutes and being sure to stir a couple of time during cooking.
Remove the foil from the turkey after 2 hours and pour the cranberry mixture over the turkey.
Continue to roast uncovered for 1 hour 30 minutes or until the internal temperature in the thickest part of the thigh reaches 180 degrees.
Allow the turkey to set 20 minutes before carving.

Serves 15

Allowing a turkey to rest 20 to 50 minutes after being removed from the oven allows the cooked meat to relax. This in turn keeps the juices in the meat when carved instead of running out on to the cutting board or platter.

Glazed Turkey Southern Style

What You Need:

1 (15 lb.) whole turkey, thawed
3 tbsp. canola oil
2 tbsp. honey
1 tsp. cold water
2 tsp. chili powder
1/4 tsp. ground red pepper
1/2 tsp. garlic powder
1/4 tsp. ground allspice
1/4 tsp. ground cumin
1/4 tsp. salt
1/4 tsp. pepper

How to Make It:

Clean the turkey well with cold water and pat dry.
Remove the neck and giblets and discard or save for another use.
Twist the wing tips to hold them back.
Brush the turkey with the canola oil being sure to cover the whole turkey.
Spray a rack with a non stick cooking spray and place it in a deep roasting pan.
Place the turkey, breast up, on the prepared rack.
Cover the breast and legs loosely with foil.
Bring the oven temperature up to 325 degrees F.
Roast the turkey 2 hours.
Remove the foil and continue roasting 45 minutes.
In a small bowl, whisk together the honey and water.
Sprinkle in the chili powder, red pepper, garlic powder, allspice, cumin, salt and pepper.
Whisk the mixture until completely combined.
Brush the turkey with the glaze being sure to cover the whole turkey.
Continue roasting an additional 45 minutes basting every 15 minutes if necessary.
Remove the turkey and allow it to stand at least 20 minutes before carving.

Serves 15

When glazing a turkey never add the glaze until the turkey is almost done usually the last 30 to 45 minutes of roasting time. If you glaze the turkey too soon any sugars in the glaze will caramelize and cause the skin to darken and become hard.

Turkey with a Soy Sauce Glaze

What You Need:

1 (16 lb.) whole turkey, thawed
1 tsp. salt
1 tsp. pepper
2 tbsp. soy sauce
2 tbsp. molasses

How to Make It:

Bring the oven temperature up to 325 degrees F.
Spray a rack with a non stick cooking spray and place it in a roasting pan.
Clean the turkey with cold water and remove the giblets and neck.
Pat the turkey dry both inside and out.
Rub the turkey all over, inside and out, with the salt and pepper.
Mix the soy sauce and molasses together in a small mixing bowl.
Brush the mixture over the entire outside of the turkey.
Place the turkey on the rack in the roasting pan.
Cover the turkey with foil.
Roast 4 hours, basting with the pan juices occasionally, until the internal temperature of the thigh reaches 180 degrees.
Remove the turkey and allow it to rest 30 minutes before carving.

Serves 16

When using a molasses based glaze the turkey skin turns dark very quickly.
Always be sure to cover the turkey tightly with the foil. This will ensure a golden brown turkey every time.

Citrus and Wine Roasted Turkey

What You Need:

1 (15 lb.) whole turkey, thawed
2 celery stalks, cut into quarters
1 yellow onion, cut into quarters
1 C rosé wine, divided
1/2 C unsalted butter, melted and divided
1/4 C orange juice
1 tbsp. lemon juice
1 tsp. salt
1/2 tsp. paprika
1/4 tsp. onion powder

How to Make It:

Clean the turkey by removing the giblets and rinsing the turkey with cold water being sure to dry the turkey well with paper towel.
Place the turkey, breast up, on a V shaped rack in a shallow roasting pan.
Place the celery and onion into the cavity of the turkey.
Add 1/2 C of the wine to the cavity.
Tie the legs closed with twine and pin back the wings.
Brush the outside of the turkey with 1/4 C of the melted butter.
Bring the oven temperature up to 325 degrees F.
Place in the oven uncovered and allow the turkey to roast 1 hour.
Place the remaining melted butter into a mixing bowl.
Add the orange juice, lemon juice and remaining wine.
Stir well to incorporate the flavors together.
Add the salt, paprika and onion powder to the mixture and stir together well.
After 1 hour baste the turkey with the melted butter mixture and continue basting every 30 minutes for 2 hours and 30 minutes or until the turkey reaches an internal temperature of 180 degrees.
Allow the turkey to rest for 45 minutes before carving.

Serves 15

When using vegetables such as celery and onion in the cavity of the turkey it is best to discard them when the turkey is done. The vegetables become mushy and the taste is very bland when used in this way.

Oven Roasted Marmalade Turkey

What You Need:

1 (12 lb.) whole turkey, thawed
1 tsp. salt
1/2 tsp. pepper
1 orange, cut into wedges and remove seeds
2 tbsp. orange marmalade
1/4 C red currant jelly
1/2 tsp. anise seed, coarsely ground

How to Make It:

Set the oven temperature to 325 degrees and allow the oven to heat up while prepping the turkey.
Remove the giblets and neck, rinse the turkey with cool water and pat dry.
Salt and pepper the inside of the turkey cavity.
Place the orange wedges inside the cavity and fold the neck skin over the back of the turkey.
Spray a rack with a non stick cooking spray and place it in a shallow roasting pan.
Place the turkey on the rack being sure the legs are in a tucked position.
Roast the turkey 3 hours being sure to baste often with the juices in the bottom of the pan.
Place the orange marmalade and currant jelly into a microwave safe bowl.
Microwave on high 30 seconds or until the two melt together.
Add the anise seeds and stir until all the ingredients are incorporated together.
After 3 hours remove the turkey from the oven and baste the whole turkey with the marmalade mixture.
Return to the oven for 20 minutes or until the thigh temperature reaches 180 degrees.
Remove the turkey and let it rest 30 minutes before carving.

Serves 12

Basting the turkey every 15 to 30 minutes ensures that the turkey skin stays moist and doesn't overcook during the roasting process.

Roast Turkey with Chestnut Watercress Stuffing

What You Need:

6 bacon slices, chopped
1/2 lb. fresh chestnuts, peeled and chopped
1 C white bread crumbs
1 egg, beaten
1/2 bunch of watercress, chopped fine
1 1/2 tsp. salt, divided
1 1/4 tsp. pepper, divided
1 (10 lb.) whole turkey, thawed
3 tbsp. butter, room temperature



How to Make It:

Place the bacon in a skillet over low heat.
When the bacon grease begins to build in the skillet add the chestnuts.
Up the stove temperature to medium and cook the bacon and chestnuts 10 minutes or until the bacon is crisp.
Stir the bread crumbs into the skillet.
Transfer the bacon mixture to a large mixing bowl.
Add the beaten egg, watercress, 1/2 tsp. salt and 1/4 tsp. pepper.
Mix all the ingredients together well.
Place the oven setting on 350 and allow the oven to preheat.
Remove the neck and giblets from the turkey and rinse under cold water.
Drain any water out of the turkey cavity and pat the turkey dry with paper towel.
Fill the turkey cavity with the stuffing mixture.
Pull the skin over the opening and secure.
Twist the wing tips up and secure the legs with twine.
Rub the butter all over the outside of the turkey.
Sprinkle the remaining salt and pepper over the turkey.
Spray a rack with a non stick cooking spray and place it in a shallow roasting pan.
Place the turkey, breast side up, on the rack.
Roast the turkey 3 hours or until the internal thigh temperature reaches 180 degrees.
If the turkey browns excessively cover it with foil.
Allow the turkey to stand 30 minutes before carving.

Serves 10

If you can't find fresh chestnuts 1/4 lb. of dried chestnuts will work just as well.
Place them in water and allow them to soak over night.

Sweet Apple Stuffing Thanksgiving Turkey

What You Need:

3/4 C butter, cubed
1 1/2 C celery, chopped
3/4 C onion, chopped
9 C day old whole wheat bread, cubed
3 C apples, chopped fine
3/4 C raisins
1 1/2 tsp. salt
1 1/2 tsp. thyme
1/2 tsp. sage
1/4 tsp. pepper
1 (14 lb.) whole turkey, thawed
1 C butter, melted

How to Make It:

Place the cubed butter in a Dutch oven pan over medium heat. Once the butter has melted add the celery and onion. Cook, stirring occasionally, 10 minutes or until the vegetables are tender. Remove the pan from the heat and stir in the bread cubes. Add the apples and raisins and continue stirring to incorporate. Sprinkle in the salt, thyme, sage and pepper. Clean and prepare the turkey being sure to remove the neck and giblets. Stuff the turkey with 4 C of the prepared stuffing. Brush a rack with some of the melted butter and place it in a shallow roasting pan. Place the turkey breast side up on the rack in the pan and tie the legs together with twine. Use the remaining melted butter to brush the entire turkey. Bring the oven temperature up to 325 degrees. Bake the turkey, uncovered, 4 hours being sure to baste every 30 minutes with the pan drippings. If the turkey begins to over brown cover it loosely with a foil tent. Remove the turkey from the oven and allow it to rest 30 minutes before carving.

Serves 14

The stuffing may be baked outside of the turkey. Place the stuffing in a 3 qt casserole dish and cover. Place it in a preheated 325 degree oven for 30 minutes remove the foil and continue baking 10 minutes or until lightly browned.

Cornbread Stuffed Rolled Turkey

What You Need:

1 (12 lb.) turkey, thawed, giblets removed and deboned
1/2 C butter, cubed
1 C celery, chopped
1 onion, chopped
5 C white bread, cubed
1 1/2 C corn bread, crumbled
1 tsp. salt, divided
1/2 tsp. sage
1 C chicken broth
3 tbsp. canola oil
1/4 tsp. pepper

How to Make It:

Place the turkey on a large cutting board and remove the wings.
Flatten the turkey to 1 in. thickness.
Separate the turkey into 3 pieces by cutting between the breast and thighs.
Place the butter in a large skillet over medium heat.
Stir in the celery and onion and cook until fork tender.
Place the bread and corn bread into a large mixing bowl.
Add the cooked celery and onion along with the pan drippings.
Sprinkle in 1/2 tsp. of the salt and the sage and just enough broth to moisten the bread.
Stir until all the bread is moist.
Spread 2 C of the stuffing over the turkey breast to about 1 in from the edge.
Roll the turkey breast around the stuffing and tie with a piece of twine to hold.
Do the same with the thigh pieces using 1 C of stuffing for each.
Place the turkey rolls on a rack in a shallow roasting pan.
Set the oven temperature to 325 degrees and allow the oven to heat up.
Brush each roll with the oil and sprinkle with the remaining salt and the pepper.
Bake the thigh pieces for 1 hour 45 minutes and the breast piece for 2 hours 15 minutes.
Allow the rolls to stand 15 minutes before slicing.

Serves 12

Have the turkey de-boned in your local grocery meat section. This will save you time and make your day much easier.

Turkey with Roasted Vegetables and Maple Sauce

What You Need:

- 2 C apple cider
- 1/3 C real maple syrup
- 2 1/2 tbsp. thyme, chopped fine, divided
- 2 tbsp. fresh marjoram, chopped fine, divided
- 1 1/2 tsp. lemon zest, grated
- 3/4 cup butter, room temperature
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 (12 lb.) whole turkey, thawed
- 2 C onion, chopped
- 1 1/2 C celery, chopped
- 1 1/2 C carrots, chopped
- 3 C chicken broth, divided
- 1/4 C flour
- 1 bay leaf
- 1/2 C apple brandy

How to Make It:

Pour the apple cider into a sauce pan and place over high heat.
Add the maple syrup and stir well to combine.
Bring the mixture to a rapid steady boil.
Continue cooking for about 5 minutes or until the mixture is reduced to 1/2 C.
Remove from the heat and quickly stir in 1 tbsp of thyme, 1 tbsp. marjoram and lemon zest.
Add the butter and continue stirring until the butter has completely melted into the mixture.
Sprinkle in the salt and pepper and stir well to combine.
Cover with plastic wrap and place in the refrigerator until cold.
Set the oven to 375 degrees F and allow it to heat up.
Place a rack into a large roasting pan and spray the rack with a non stick cooking spray.
Spread the butter, reserving 1/4 C for later use, over the entire turkey.
Spread the vegetables in the roasting pan around and under the turkey.
Sprinkle the vegetables with 1 tbsp. thyme and the remaining marjoram.
Pour 2 C of the chicken broth over the vegetables.
Roast the turkey 30 minutes in the preheated oven.
Reduce the heat to 350 and cover the turkey with aluminum foil.
Continue roasting an additional 2 hours 30 minutes or until the thigh temperature reaches 180 degrees.
Remove the turkey from the oven and place on a platter.
Allow the turkey to stand at least 30 minutes before carving.
Strain the roasting pan drippings into a 3 C size measuring cup.

Add enough of the remaining chicken broth to make 3 full cups of liquid. Pour the liquid into a large saucepan and place the pan over high heat. Bring the liquid to a continuous boil. Place the 1/4 C reserved butter and flour into a mixing bowl. Whisk together until the mixture becomes very smooth. Stir the smooth butter mixture into the boiling liquid. Add the remaining thyme and bay leaf to the boiling mixture. Continue to boil until the mixture becomes a sauce consistency about 8 minutes. Remove the mixture from the heat and stir in the apple brandy. Be sure to remove the bay leaf before serving the sauce.

Serves 12

The maple sauce gives this turkey and vegetables a slightly sweet flavor. If fresh thyme and marjoram are not available use dry and adjust the measurements to 2 1/4 tsp. thyme and 2 tsp. marjoram.

Spice Roasted Turkey Breast with Vegetables

What You Need:

- 1 C reduced sodium chicken broth
- 1/4 C dry white wine
- 1/4 C lemon juice
- 6 cloves of garlic, unpeeled
- 1 (10 oz.) bag whole petite onions, frozen
- 2 tsp. rosemary, crushed
- 1 tsp. dried thyme
- 1/2 tsp. kosher salt
- 1/4 tsp. fennel seeds, crushed
- 1 tsp. pepper, divided
- 6 plum tomatoes, quartered
- 1 (9 oz.) box artichoke hearts, slightly thawed
- 1 (10 oz.) pkg. asparagus spears, slightly thawed
- 1 (3 1/4 oz.) can pitted black olives, drained
- 3 tbsp. olive oil
- 1 tsp. salt
- 1 (5 lb.) turkey breast bone in, thawed

How to Make It:

Bring the oven temperature up to 325 degrees.
Pour the broth, wine and lemon juice in a large baking pan.
Add the garlic and onions.
Sprinkle in the rosemary, thyme, kosher salt, fennel seeds and 1/4 tsp. pepper.
Cover the pan tightly with foil , place in the oven and roast for 18 minutes.
Remove the pan and add the tomatoes, artichoke hearts, asparagus and olives to the pan.
Rub the oil over the entire turkey breast.
Sprinkle the turkey with the remaining pepper and the salt.
Place the turkey breast side down on top of the vegetables in the pan.
Recover with the foil and roast 1 hour basting occasionally.
Remove the foil, baste and continue roasting 1 hour.
Be sure to baste the turkey again after 30 minutes.
The turkey breast is done when the internal temperature reaches 170 degrees.
Remove the turkey breast from the pan and allow standing 15 minutes before carving.

Serves 5

Balsamic Turkey Breast with Cranberry Sauce

What You Need:

1 (7 lb.) turkey breast
6 tbsp. balsamic vinegar, divided
3 tsp. rosemary, crushed
3 tsp. thyme, crushed
1/2 tsp. salt
1/4 tsp. pepper
2 tbsp. olive oil
1 1/2 C frozen fruit punch
concentrate
1 1/2 C cold water
1 (10 oz.) pkg. dried cranberries
2 tbsp. cornstarch



How to Make It:

Using 2 tbsp of balsamic vinegar rub the turkey breast on all sides well. Sprinkle the turkey with the rosemary, thyme, salt and pepper. Place the turkey breast on a rack that has been placed in a large roasting pan. Bring the temperature of the oven up to 350 degrees. Place the turkey breast in the oven for 45 minutes. After 45 minutes, baste the turkey again with 2 tbsp of the vinegar. Return the turkey to the oven and continue roasting an additional 45 minutes or until the internal temperature of the turkey is 170 degrees. Remove the turkey and allow standing 20 minutes before carving. Place the fruit punch concentrate and water into a large saucepan over medium high heat. Stir the cranberries into the mixture. Bring the mixture to a heavy boil. Place the heat on low and continue cooking 5 minutes. Place the remaining 2 tbsp of the vinegar into a bowl. Add the cornstarch and whisk until completely combined. Add the vinegar mixture to the cranberry mixture after 5 minutes. Continue heating, stirring constantly, until the mixture reaches desired thickness. Pour the cranberry sauce over the turkey after carving.

Serves 8

After carving the turkey, place it on a platter that has been warmed in the oven . This ensures that the turkey stays warm and moist for all your guests to enjoy.

Honey Mustard Turkey Breast Microwave Style

What You Need:

1 (7 lb.) turkey breast, thawed
2 tbsp. unsalted butter
1/4 tsp. curry powder
1/2 tsp. ground ginger
2 tbsp. Dijon style mustard
1/2 C honey

How to Make It:

Place a plastic rack into a large deep sided microwavable dish.
Place the turkey, breast side down, on the rack.
Melt the butter in a microwavable safe bowl on high heat for 15 seconds.
Once melted completely add the curry, ginger, mustard and honey to the bowl.
Stir until all the ingredients are completely incorporated together.
Baste the turkey skin with the honey mustard mixture.
Cover the turkey with wax paper.
Microwave the turkey on high for 14 minutes.
Rotate the turkey 1/4 turn and baste again.
Continue cooking for 13 minutes.
Remove the turkey from the microwave.
Drain off any juice that has gathered in the dish.
Turn the turkey breast side up and baste with the honey mustard mixture.
Recover with wax paper.
Microwave on medium high temperature for 28 minutes or until the internal temperature reaches 170 degrees.
Remove the turkey from the microwave and cover with aluminum foil.
Allow the turkey to set covered for 20 minutes before carving.

Serves 8

By covering the turkey with foil after removing it from the microwave you allow the turkey to continue cooking through and the heat to equalize making the turkey moist and juicy when carved.

Roasted Honey Mustard Turkey Breast

What You Need:

1 (6 lb.) turkey breast, thawed
1/2 tsp. salt
1/4 tsp. pepper
1/4 C honey
2 tbsp. brown mustard

How to Make It:

Sprinkle the salt and pepper over the entire turkey breast.
Place the turkey on a rack and into a roasting pan.
Bring the oven temperature to 325 degrees F.
Place the turkey in the oven and roast for 1 hour 45 minutes.
Place the honey into a mixing bowl.
Add the mustard and stir to combine well.
After 1 hour 45 minutes baste the turkey breast with the sauce being sure to cover the breast well.
Return to the oven and continue roasting 20 minutes or until the internal temperature reaches 170 degrees.
Allow the turkey to stand 10 minutes before carving.

Serves 6

When buying a turkey, whether it is a turkey breast or whole turkey, the rule of thumb is to buy 1 to 1 1/2 lb per person. Check your guest list for the number of people you are serving and adjust your turkey weight to fit your needs.

Garlic Barbecue Turkey Breast

What You Need:

1/4 tsp. garlic powder
1/4 tsp. salt
1/4 tsp. pepper
1 (1.5 lb.) skinless turkey breast
1 tsp. extra virgin olive oil
3 tbsp. barbecue sauce, divided
1/4 C water

How to Make It:

Place the oven temperature on 350 and allow the oven to preheat while preparing the turkey breast.

Spray a square glass baking dish with a non stick cooking spray on the bottom only.

Place the garlic powder, salt and pepper in a mixing bowl and toss to combine. Use a fork and pierce each side of the breast 25 times as deep as the fork tongs can reach.

Rub the turkey breast with the olive oil being sure to completely cover the turkey. Rub the garlic powder mixture on the turkey.

Spoon 2 tbsp of the barbecue sauce over the turkey.

Put the prepared turkey into the glass dish.

Pour the water into the dish being careful not to pour it over the turkey.

Bake 1 hour or until the internal temperature reaches 170 degrees.

Remove the turkey and spoon the remaining barbecue sauce over the top.

Allow the turkey to stand 15 minutes before slicing.

Serves 4

Piercing the turkey breast with fork tines allows the seasoning to blend in the interior meat. This gives the meat a great flavor and will help in keeping it moist during roasting.

Grapefruit Glazed Turkey Breast

What You Need:

4 tbsp. butter
1 (1 ½ lb.) turkey breast
1 tsp. salt
1/2 tsp. pepper
1/4 C water
1/2 C apricot marmalade
3 tbsp. ruby red grapefruit juice
1 tbsp red wine vinegar



How to Make It:

Rub the butter over the turkey breast to completely cover.
Sprinkle the turkey breast with the salt and pepper to completely cover.
Place the turkey breast in a shallow glass baking pan.
Set the oven temperature on 350 degrees and allow the oven to come up to temperature.
Pour the water into the bottom of the pan being careful not to splash the turkey.
In a sauce pan over low heat melt the marmalade, grapefruit juice and vinegar together.
Be sure to stir continuously until the mixture is smooth.
Baste the turkey breast with the glaze.
Place the turkey in the oven and bake 1 hour or until the internal temperature reaches 170 degrees.
Baste the turkey breast every 20 minutes or so during baking.
Pour the remaining glaze over the turkey breast before serving.

Serves 4

If you aren't fond of grapefruit juice this turkey can be made with orange marmalade and orange juice. Omit the red wine vinegar if glazing with the orange marmalade mixture.

Spiced Up Drunken Turkey

What You Need:

- 1 (10 lb.) whole turkey, thawed
- 2 tsp. dry mustard
- 2 tsp. onion powder
- 2 tsp. paprika
- 2 tsp. kosher salt
- 1 tsp. garlic powder
- 1 tsp. ground coriander
- 1 tsp. ground cumin
- 1 tsp. pepper
- 1/2 C canola oil
- 1 (12 oz.) can of beer

How to Make It:

Rinse the turkey well under cold water and remove the neck and giblets and pat dry.

Place the mustard, onion powder and paprika into a small mixing bowl.

Add the salt and garlic powder.

Sprinkle in the coriander, cumin and pepper.

Mix to incorporate all the ingredients together well.

Place all the grill burners on indirect medium heat and allow them to heat up.

Open the can of beer and place it inside the turkey sitter.

Rub the cavity of the turkey with the spice mixture.

Rub the outside of the turkey with the canola oil being sure to cover completely.

Sprinkle the remaining spice mixture all over the outside of the turkey.

Place the turkey over the sitter.

Place the sitter on the grill grate being care to keep the turkey balanced on the sitter.

Close the grill lid and allow the turkey to cook 2 1/2 hours or until the internal temperature taken in the breast reaches 170 degrees.

Being very careful remove the turkey from the grill and sitter and place on a platter.

Allow the turkey to rest an additional 25 minutes before carving.

Discard any remaining beer.

Serves 12

Turkey sitters can be found at any major department store. The grill lid may not completely close over the turkey but a small gap will not hinder the cooking of the turkey. A piece of aluminum foil can be placed in the grill lid to protect the turkey while cooking.

Easy Foil Wrapped Grilled Turkey

What You Need:

- 1 (12 lb.) whole turkey, thawed
- 2 C water
- 3 tbsp. chicken bouillon powder
- 2 tsp. garlic powder
- 2 tsp. onion powder
- 1 tsp. poultry seasoning
- 1/2 tsp. parsley, chopped fine
- 1 tsp. paprika
- 1 tsp. salt
- 1/2 tsp. pepper

How to Make It:

Spray the grill grate with a non stick cooking spray.

Adjust the grill heat to indirect medium high and allow the grill to heat up completely.

Place the turkey breast side down on the grill and sear about 5 minutes or until the skin turns a golden brown.

Turn the turkey over and sear the other side the same way making sure the skin is golden brown all the way around the turkey.

Remove the turkey from the grill.

Pour the water into a large roasting pan.

Add the bouillon, garlic and onion powder.

Stir in the poultry seasoning, parsley, paprika, salt and pepper.

Place the seared turkey, breast side down, into the roasting pan and seasoning mixture.

Baste the entire turkey well with the seasoning mixture.

Wrap tightly with aluminum foil and place the pan on the heated grill.

Grill the turkey 3 hours and 30 minutes or until the internal temperature of the thickest part of the thigh reaches 180 degrees.

Remove the turkey and allow it to stand covered for 30 minutes before uncovering and carving.

Serves 10

When grilling turkey try not to open the lid of the grill any more than necessary. This keeps the heat at a constant level which helps the turkey to cook through evenly.

Charcoal Grilled Barbecue Turkey

What You Need:

1 (12 lb.) whole turkey, thawed
1/2 C unsalted butter, melted
2 tbsp. salt
1 tbsp. pepper
1/2 C ketchup
1/2 C dry red wine
2 tbsp. brown sugar
2 tsp. garlic powder



How to Make It:

Clean the turkey and remove the neck and giblets.
Tie the legs together with twine.
Baste the turkey with the melted butter.
Rub the salt and pepper over the entire buttered turkey.
Open the bottom grill vents.
Place 6 dozen pieces of charcoal in the bottom of the grill and light.
Allow the charcoal to heat and turn to white ash.
With tongs move the charcoal to the outer edges of the grill.
Place a disposable pan in the center of the grill bottom.
Spray the grill rack with a non stick cooking spray.
Place the turkey directly on the rack in the middle of the grill.
Close the lid and open the top vents.
Grill the turkey 2 hours and check internal temperature.
The turkey temperature should register 180 degrees in the deepest part of the thigh when the turkey is done.
If the turkey temperature does not register 180 degrees continue cooking the turkey for 45 minutes or until the temperature registers correctly.
Mix together the ketchup and wine.
Add the brown sugar and whisk until completely dissolved.
Sprinkle in the garlic powder and stir until combined.
Baste the turkey with the barbecue sauce 30 to 45 minutes before the turkey is done.

Serves 12

The grill temperature needs to remain a constant 325 to 350 degrees. If the grill starts to cool add more charcoal to the edges of the bottom of the grill. Also be sure the lid will close over the turkey leaving no gaps.

Maple Marinated Smoked Turkey

What You Need:

- 1 (12 lb.) whole turkey, thawed
- 1 qt. hot water
- 1 C kosher salt
- 4 qt. cold water
- 1 C maple syrup
- 1 onion, sliced thin
- 4 garlic cloves, peeled and crushed
- 10 black peppercorns
- 5 bay leaves
- 4 tsp. lemon zest
- 2 cloves, whole
- 6 tbsp. butter, melted

How to Make It:

Clean the turkey by removing the giblets and neck and rinsing the turkey inside and out with cold water.

Place the hot water into a large soup pot.

Add the salt and whisk until the salt is completely dissolved.

When the salt has dissolved whisk in the cold water and the syrup.

Place the onion, garlic cloves, peppercorns, bay leaves, lemon zest and cloves into the pot.

Place the pot in the refrigerator until the temperature reaches 40 degrees.

Fill a large zip lock freezer bag with ice.

Place the turkey into the cold mixture and lay the ice on top of the turkey to keep it submerged under the water.

Allow the turkey to marinate over night.

Set up and light the smoker as indicated by the manufacturer on the box.

Preheat the smoker to 275 degrees.

Remove the turkey from the marinade, pat dry and discard the marinade.

Baste the turkey with the melted butter.

Smoke the turkey 3 hours 30 minutes or until the thigh temperature reaches 180 degrees.

Allow the turkey to stand on a cutting board 45 minutes before carving.

Serves 15

Brining a turkey helps keep the turkey moist. When smoking a turkey it can become quite dry but by marinating it over night the meat stays juicy and tender. Don't have a pot big enough, line a crisper drawer with a large garbage bag instead.

Vinaigrette Marinated Deep Fried Turkey

What You Need:

1 (10 lb.) whole turkey, not self basting and thawed
2/3 C vinaigrette
1/3 C dry sherry
2 tsp. lemon pepper
1 tsp. garlic powder
1 tsp. onion powder
1 tsp. salt
Canola oil

How to Make It:

Place the vinaigrette and sherry into a large mixing bowl.
Stir in the lemon pepper, garlic and onion powder and the salt.
Strain the marinade through a sieve into a pot big enough to hold the turkey.
Fill a marinade injector with the marinade and inject the turkey thighs and breast.
Place the turkey into the remaining marinade.
Place the pot into the refrigerator for at least 2 hours but no longer than overnight.
Remove the turkey from the marinade and discard the marinade.
The turkey should be placed in the fryer basket neck down.
Add 8 gallons of oil to the fryer or as much as recommended by the manufacturer.
Heat the oil to 375 degrees F.
Place the turkey into the fryer being sure to check the oil temperature often to maintain 350 degrees.
Fry the turkey 4 minutes per lb. or 40 minutes for a 10 lb. turkey.
When the internal temperature reaches 170 degrees in the thickest part of the breast remove the turkey and allow it to drain well.
Place the turkey on a platter and allow it to stand 30 minutes before carving.

Serves 10

When deep frying use only oils that have high smoke points such as canola, safflower or peanut oil. Deep frying can be dangerous so be sure to have a fire extinguisher near by and don't set the fryer on anything wooden or use it inside any building.

Citrus Rotisserie Turkey Breast

What You Need:

4 tbsp. butter, room temperature
1 tsp. garlic, minced
1/2 tsp. cinnamon
1/2 tsp. salt
1/4 tsp. cloves, minced
1/4 tsp. curry powder
1 (5 lb.) turkey breast
1/4 C water
1 C orange juice



How to Make It:

In a mixing bowl blend together the butter, garlic, cinnamon, salt, cloves and curry powder until it becomes a spreadable consistency. Rub the turkey with the butter mixture being sure to completely cover the turkey breast.

Fit an adjustable V neck rack into a shallow roasting pan.

Place the turkey breast on the V rack.

Bring the oven temperature to 350 degrees F.

Cook the turkey breast 1 hour being sure to turn the turkey 1/4 turn every 15 minutes and baste with the pan drippings to ensure the turkey is browned on all sides equally.

The 1/4 C of water may be added to the pan drippings if needed.

When you have turned the breast the last quarter of a turn pour the orange juice over the top of the turkey.

Continue baking an additional 30 minutes or until the internal temperature has reached 170 degrees.

Allow the turkey breast to stand for 20 minutes before cutting and serving.

Serves 5

For many cooks roasting is the best way to cook a turkey. The oven temperature stays constant while basting and checking the internal temperature is much easier to do. If you live on the adventurous side then grilling, deep frying and even rotisserie might be fun to try.

Be sure to check out all the healthy recipes on Exercise 4 Weight Loss

www.exercise4weightloss.com/healthy-recipes.html