

# How to roast a turkey clean-eating style!

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## To Prepare

- Give the bird a bath by rinsing it under cold running water and letting it drip in the sink.
- Use paper toweling to dry the inside cavity.
- Fill the cavities with stuffing.
- Seal the cavities with a skewer and rub olive oil all over the turkey.
- Place the bird in a roasting pan, breast side up.
- Season with your favorite poultry seasonings (see my tips below).



## To Roast

- Preheat oven to 325 degrees F.
- Make sure there is an oven rack on the lowest position in the oven.
- I like to use a meat thermometer so I get the cooking right every time.
- When it's done, the thermometer should read 185 degrees F when inserted into the center of the bird.
- On average the turkey will need 20 minutes of roasting time per pound.
- Stuff the cavity with Brown Rice and Apple Stuffing.
- Pour a little olive oil into clean hands and rub all over the gorgeous bird.
- I like to sprinkle a generous dusting of poultry seasonings – thyme, parsley and sage – over the bird. Add your favorite seasonings too.
- Once the turkey has reached the correct temperature, remove it from the oven and cover it with foil.
- Arrange the foil so that it makes a tent over the meat.
- It is important to let the meat stand properly since this allows it to set, which makes for ideal carving.

## To Carve

- Twist the legs off first.
- Place them on the platter.
- Using a sharp carving knife, begin to carve the breast meat.
- Start with the tip of the knife pointing toward the cavity.
- Slice thin slices of turkey, angling it as you work your way through the breast.
- Cover again with foil to keep it warm.
- Remove the stuffing and place into a serving bowl.