Glazed Turkey Breast with Fruit Stuffing

Serving size: 6 ounces

Ingredients:

One 5-pound whole, bone-in or boneless turkey breast (thawed)
1 cups apple juice
Rub:

      2 tablespoons chopped fresh rosemary

      2 tablespoons chopped fresh thyme leaves

      2 tablespoons olive oil

Stuffing:

      1 small onion, thinly sliced

      1 apple, peeled and thinly sliced

      1 pear, peeled and thinly sliced

      1/4 cup dried cranberries (or raisins)

Glaze:

      1 cups apple juice

      1 tablespoon brown sugar

      1 tablespoon brown mustard

      1 tablespoon olive oil

Directions: Preheat the oven to 325 F.

In a roasting pan, place the turkey breast, skin-side up.

In a small bowl, combine the herbs and olive oil to make a rub. Loosen the skin from the meat gently with your fingers — making deep pockets between the skin and meat. Smear half of the rub directly on the meat. Spread the remaining rub evenly over the top of the skin.

In another small bowl, mix the onions and fruit. Stuff each pocket with the mixture and place any remaining mixture under the meat.

Pour 1 cup of apple juice into the bottom of the roasting pan. Roast the turkey breast for 1¾ to 2 hours, (or according to the package instructions) until the skin is golden brown and an instant-read thermometer registers 165 F when inserted into the thickest and meatiest areas of the breast. If the turkey is overbrowning, cover the breast loosely with aluminum foil.

In the meantime, make the glaze. In a saucepan, 1 cup of apple juice, brown sugar, mustard and olive oil. Heat to boiling, reduce the heat and simmer until it becomes thickened and reduced in volume to about 3/4 cup. Use this to baste the turkey during the last 30 minutes of cooking.

When the turkey is done, cover with foil and allow it to rest at room temperature for 15 minutes. Carve, serve and spoon any remaining glaze over the turkey.

Nutrition information per serving:

350 calories | 15 g carbohydrates | 14 g protein | 4 g Total fat | 1 g Dietary fiber 110 mg cholesterol | 117 mg sodium | 679 mg potassium | 8 g fiber | 10 g sugar 2 g Protein.