

# Diabetes-Friendly Thanksgiving Recipe

## Roasted Turkey

16 SERVINGS • SERVING SIZE: 4½ OUNCES

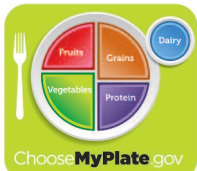
- 1 whole turkey—10 to 12 pounds
- 1 teaspoon salt
- 2 teaspoons freshly-ground black pepper
- 1 tablespoon minced garlic
- 3 sprigs fresh rosemary
- 7 sprigs fresh thyme
- 3 sprigs fresh oregano
- 2 tablespoons olive oil

▶Preheat the oven to 400° F.

▶Remove the turkey from its wrapping, and remove all the items from its internal cavity. Rinse the inside with water and pat dry with a paper towel.

▶Season the cavity with the salt, pepper, and garlic by rubbing these items into the internal wall of the cavity. Add the rosemary, thyme, and oregano to the internal cavity. Rub the olive oil over the outer skin of the turkey.

▶Place the turkey in a roasting pan in the oven. After 15 minutes, lower the oven temperature to 325° F. Continue to cook until the turkey reaches an internal temperature of 165° F, about 2 to 2½ hours. When the turkey is done, let it rest for 10 minutes before serving.



*Per serving: lean meat exchanges, 5; fat exchanges, ½; calories, 288; calories from fat, 138; total fat, 16 g; saturated fat, 4 g; cholesterol, 97 mg; sodium, 225 mg; total carbohydrate, 1 g; dietary fiber, 0 g; sugars, 0 g; protein, 35 g*

*Recipe from: American Diabetes Association at [www.diabetes.org](http://www.diabetes.org).  
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