

## Orange Glazed Turkey with Potatoes & Carrots

With this complete meal, you can enjoy the taste of Thanksgiving year-round.

### Ingredients

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**Servings:** 6

- Cooking spray
- 1 1 1/2- to 1 3/4-pound boneless, skinless turkey breast, all visible fat discarded
- 2 teaspoons dried mixed herbs (a combination of any/all, including rosemary, basil, parsley, tarragon, chives, thyme, and sage)
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 3 tablespoons sugar-free orange marmalade
- 1 pound potatoes (any type), cut into 2-inch cubes
- 4 medium carrots, peeled and cut into 2-inch pieces
- 1 tablespoon olive oil (extra virgin preferred)

### Directions

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1. Preheat the oven to 375°F.
2. Lightly spray a 13 x 9 x 2-inch casserole dish with cooking spray. Place the turkey in the dish.
3. In a small bowl, stir together the herbs, salt, pepper, and garlic powder. Rub half the mixture all over the turkey.
4. Spread the marmalade over the turkey.
5. In a large bowl, stir together the potatoes, carrots, and oil with the remaining herb mixture. Place the vegetables around the turkey in the dish. Roast for 1 hour.
6. Remove from the oven. Let stand for 5 to 10 minutes to allow the juices to redistribute.

### Quick Tips

**Tip:** Cut off the feathery greenery on fresh carrots as soon as you can. As long as it remains attached, it continues to remove moisture and vitamins from the carrot.

### Nutrition Facts



**Calories**  
257 Per Serving

**Protein**  
32g Per Serving

**Fiber**  
3g Per Serving

**Cost Per Serving**  
\$1.79

<b>Nutrition Facts</b>	
<b>Calories</b>	257
<b>Total Fat</b>	3.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	2.0 g
<b>Cholesterol</b>	76 mg
<b>Sodium</b>	389 mg
<b>Total Carbohydrate</b>	23 g
Dietary Fiber	3 g
Sugars	7 g
<b>Protein</b>	32 g

**Dietary Exchanges**

1 vegetable, 1 starch, 4 lean meat

**References**

1. American Heart Association. 2018. Web Address: <https://recipes.heart.org/en/recipes/orange-glazed-turkey-with-potatoes--carrots>