



Humana
Neighborhood Center

Italian Roasted Turkey Breast

Serves 6-8

Ingredients:

- 1 turkey breast 2-3 lbs.
- 2 large sprigs fresh rosemary about 2 tablespoons cut finely or 3 teaspoons dried rosemary
- 8 cloves of fresh garlic finely cut
- 1 teaspoon sea salt
- 1 teaspoon cracked black pepper
- ¼ cup cold-pressed olive oil
- Heavy duty aluminum foil, large cut to 18 inches

How to prep:

1. Sprinkle turkey breast generously with salt and pepper.
2. Preheat oven to 350 degrees.
3. Place turkey breast in a hot skillet with 2 teaspoons of olive oil.
4. Sear both sides for about 3-4 minutes.
5. Remove from skillet and place on sheet of aluminum foil. Spread olive oil over entire turkey breast, sprinkle cut rosemary, garlic, salt, and pepper covering turkey breast and wrap tightly with foil.
6. Cook for 45 minutes or until internal temperature reaches 165 degrees. Turn half way into the cooking process.

