

Boneless Turkey Breast With Herb Butter

It will take a little more time but will enhance the turkey's flavor if you take an unrolled and untrussed boneless turkey breast and lightly season one side with salt and pepper. Spread half of the herb butter over that, then roll it tightly (butter-side in). Tie the roast with butchers' twine or stuff into a pre-made trussing sack. Season with salt and pepper, then baste with the remaining butter, as directed below.

INGREDIENTS:

- 2½-pound boneless turkey breast (have the butcher roll and tie it)
- 10 tablespoons butter, at room temperature
- 2½ tablespoons minced mixed fresh herbs, such as tarragon, rosemary, sage, parsley and thyme
- 2 teaspoons fresh lemon juice
- 1 teaspoon + 1 tablespoon kosher salt
- 1 teaspoon + 1 tablespoon freshly ground pepper
- 1 (14-ounce) can low-salt chicken broth

INSTRUCTIONS: Preheat the oven to 350°. Rinse the turkey breast, pat dry and set aside at room temperature.

Combine the softened butter with the mixed herbs, lemon juice and 1 teaspoon each, salt and pepper.

Rub the turkey with the



remaining 1 tablespoon salt and pepper, then smear with about half the butter or enough to coat it thoroughly. Start melting the remaining butter. Set the turkey breast skin-side up on a rack set in a roasting pan. If you don't have a rack, roast the turkey on a bed of chopped celery and onions. Pour the broth into the pan.

Roast for 45 minutes. Baste the turkey breast with the melt-

ed herb butter and continue to roast for 45 minutes to 1 hour, basting occasionally, until a thermometer inserted into the thickest part of the roll registers 160°-165°.

Tent with foil and let rest for 10 minutes before slicing.

Serves 4 to 6

PER SERVING: 270 calories, 40 g protein, 0 carbohydrate, 11 g fat (3 g saturated), 99 mg cholesterol, 435 mg sodium, 0 fiber.