

# Glazed turkey breast with fruit

1 5lb. whole bone in turkey breast

## Rub:

2 TBSP fresh rosemary, chopped  
2 TBSP fresh thyme leaves, chopped  
2 TBSP olive oil

## Stuffing:

1 small onion thinly sliced  
1 apple AND 1 pear peeled and thinly sliced  
¼ cup dried cranberries or raisins

## Glaze:

2 cups apple juice  
1 TBSP brown sugar  
1 TBSP brown mustard  
1 TBSP olive oil

Preheat oven to 325.

Place turkey breast skin side up on a rack in a roasting pan.

In a small bowl combine the herbs and oil to make a paste. Loosen the skin from the meat gently making two deep pockets between the skin and meat. Spread ½ the paste directly on the meat. Spread the remaining over the top of the skin.

In another small bowl mix together the onions and fruit. Stuff each pocket with the mixture.

Pour 1 cup of apple juice into the bottom of the pan. Roast the turkey breast 1 ¾ hours until skin is golden and internal temp is 165 at thickest part. If the skin is over browning cover with foil.

In the meantime combine the remaining cup of apple juice, brown sugar, mustard and olive oil in a saucepan. Heat to boiling, reduce heat and simmer until it becomes thickened and reduced to about ¾ cup. Use this to baste the turkey during the last 30 minutes of cooking.

When the turkey is done, cover with foil and let it rest for 15 minutes.

Carve and spoon any remaining glaze over the turkey or serve alongside.

Nutritional analysis per 6 ounce serving:

346 calories

14g fat 4 g sat

100 mg cholesterol

40g protein

15 g carbohydrates

1 g fiber

112 mg sodium