

# Rosemary Roasted Turkey

---

Liz Weiss, MS, RD

Janice Newell Bissex, MS, RD

Makes 12 Servings

One 12-pound fresh or frozen turkey, thawed  
2 sprigs fresh rosemary  
1 large onion, peeled and coarsely chopped, divided  
1 small apple, chopped into 1/2-inch cubes, divided  
1 clove garlic, minced  
1 to 2 tablespoons canola oil  
1 teaspoon kosher salt  
1/2 teaspoon black pepper  
2 cups water

1. Preheat the oven to 325°F.
2. Remove the neck and giblets and discard. Rinse the turkey and cavity thoroughly with cold water and pat dry.
3. Brush both sides of the turkey with the oil and sprinkle with salt and pepper. Combine the rosemary, half the onion, half the apple, and the garlic and spoon into the body cavity.
4. Place a roasting rack in a roasting pan. Place the turkey, breast side down, on the rack. Arrange the remaining onion, apple, along with the water, in the bottom of the pan.
5. Cover the turkey loosely with aluminum foil. Bake for 2 hours, remove foil and baste with the pan drippings. Bake an additional 30 minutes, uncovered.
6. Turn the turkey so it is breast side up. Continue to cook, uncovered, for 1 hour or until an instant-read meat thermometer registers 180°F, basting every 30 minutes.
7. Let stand 10 minutes, remove from pan, and reserve drippings for the gravy. Place turkey on a cutting board and cover loosely with aluminum foil until ready to carve.

To make the gravy:

1. Using a strainer, pour the pan drippings into a large gravy separator. Let stand 10 minutes; the fat will rise to the top.
2. Meanwhile, whisk together 2 cups all-natural chicken broth (such as Imagine Natural) with 1/4 cup all-purpose flour.
3. When the pan drippings and fat have separated, pour the pan drippings back into the roasting pan, stopping before the fat layer reaches the opening. Add the chicken broth to the roasting pan (make sure the flour and broth are well blended).
4. Place the roasting pan over medium high heat. Bring the liquid to a boil, whisking constantly. Lower the heat and continue to simmer, stirring constantly, until the gravy is thick, about 2 minutes.

5. Optional: To make the gravy thicker, whisk 1 tablespoon all-purpose flour with 1 tablespoon cold water, and whisk into the simmering gravy.

\* By using a gravy separator to skim the fat, we removed 3/4 cup turkey fat from the gravy. That's equal to 170 grams fat and 1,500 calories.

**Nutrition Information:**

	<b>Original Turkey *</b>	<b>Moms' Rosemary Roasted Turkey</b>
Calories		170
Total Fat (grams)		3
Saturated Fat (grams)		1
Sodium (milligrams)		85
Carbohydrate (grams)		0
Fiber (grams)		0
Protein (grams)		34

- Original turkey has about the same nutrients

**Equipment:**

Large roasting pan with v-shaped rack  
 Turkey baster  
 Large gravy separator  
 Large wire mesh strainer  
 Cutting board  
 10-inch Chef knife  
 Aluminum foil  
 Carving knife  
 Turkey platter  
 Gravy boat(s)