

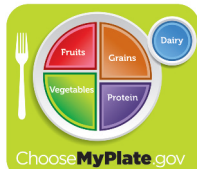
# Diabetes-Friendly Thanksgiving Recipe

## Roasted Turkey

16 SERVINGS • SERVING SIZE: 4½ OUNCES

- 1 whole turkey—10 to 12 pounds
- 1 teaspoon salt
- 2 teaspoons freshly-ground black pepper
- 1 tablespoon minced garlic
- 3 sprigs fresh rosemary
- 7 sprigs fresh thyme
- 3 sprigs fresh oregano
- 2 tablespoons olive oil

- ▶ **Preheat the oven to 400° F.**
- ▶ **Remove the turkey from its wrapping and remove all the items from its internal cavity.** Rinse the inside with water and pat dry with a paper towel.
- ▶ **Season the cavity with the salt, pepper and garlic by rubbing these items into the internal wall of the cavity.** Add the rosemary, thyme and oregano to the internal cavity. Rub the olive oil over the outer skin of the turkey.
- ▶ **Place the turkey in a roasting pan in the oven.** After 15 minutes, lower the oven temperature to 325° F. Continue to cook until the turkey reaches an internal temperature of 165° F, about 2 to 2½ hours. When the turkey is done, let it rest for 10 minutes before serving.



Per serving: lean meat exchanges, 5; fat exchanges, ½; calories, 288; calories from fat, 138; total fat, 16 g; saturated fat, 4 g; cholesterol, 97 mg; sodium, 225 mg; total carbohydrate, 1g; dietary fiber, 0 g; sugars, 0 g; protein, 35 g

Recipe from: American Diabetes Association at [www.diabetes.org](http://www.diabetes.org).  
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