

Lemon-Sage Turkey With Wild-Mushroom Gravy

Source: Cooking Light magazine

Remember to reserve the drippings from the bottom of the pan for the gravy.

Other necessary recipes: *Wild-Mushroom Gravy*

INGREDIENTS:

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|----------------------------------------------------|----------------------------------|
| 3 TBS grated lemon rind | 1/4 C fresh lemon juice |
| 3 TBS dried thyme | 2 TBS dried rubbed sage |
| 1 TBS cracked black pepper | 1 tsp salt |
| 1 (12-pound) fresh or frozen turkey, thawed | |
| 2 (16 oz) cans fat-free, less-sodium chicken broth | |
| Cooking spray | Wild-Mushroom Gravy (see recipe) |

DIRECTIONS:

Combine first 6 ingredients; set aside. Remove/discard giblets from turkey, reserving neck for gravy - rinse turkey with cold water - pat dry - trim excess fat. Starting at neck cavity, loosen skin from breast/drumsticks by inserting fingers, gently pushing between skin and meat - lift wing tips up and over back - tuck under turkey - rub spice mixture under loosened skin - rub into the body cavity.

Preheat oven to 350° F. Pour 1 can broth in bottom of shallow roasting pan - place turkey, breast side up, on rack coated with cooking spray. Place rack in roasting pan - insert meat thermometer into meaty part of thigh, making sure not to touch bone. Bake 1 1/2 hours at 350° F. Carefully pour 1 can broth into pan - bake an additional 1 1/2 hours or till thermometer registers 180° F. Remove turkey from oven - reserve pan drippings to make gravy. Cover turkey loosely with foil - let stand 15-20 minutes - discard skin. Serve with Wild-Mushroom Gravy (see recipe).

Serves 12 (serving size: 6 oz turkey + 1/4 C gravy)

Nutrition Facts per serving: Calories 308; Fat 7g; Carbs: 6g; Chol 147mg; Sodium 460mg; Protein 53g; Fiber 1g; Cal from Fat 20%; Cal from Carbs: 8%