

Roasted Moroccan Turkey Breast with Root Vegetables

SERVES: 12 | SERVING SIZE: 4 OUNCES TURKEY AND 1/2 CUP ROOT VEGETABLES

PREP TIME: 15 MINUTES | COOKING TIME: 1 HOUR PLUS 20 MINUTES RESTING TIME

Moroccan spices, such as cinnamon, cardamom, cumin, and coriander, are ideal seasonings for roasted vegetables and meats. During roasting, they coax the sweetness and deep flavors out of whatever they're coating, and their rich, warm flavors transport the taste buds to exotic locales. Make this dish in the winter when oranges are in season and cabin fever has begun to set in.

1 (4-pound) bone-in, skin-on turkey breast

3 tablespoons extra-virgin olive oil, divided

1 teaspoon fine sea salt, divided

1 teaspoon freshly ground black pepper, divided

2 tablespoons Moroccan Spice Blend (page 73)

5 cloves garlic, smashed

1 onion, halved, peeled, and then quartered

3 celery ribs, trimmed and cut into thirds

2 cups peeled, chopped carrots (cut into 2-inch pieces)

2 cups peeled, chopped rutabaga (cut into 2-inch pieces)

1 cup peeled, chopped turnip (cut into 2-inch pieces)

1 cup peeled, chopped sweet potato (cut into 2-inch pieces)

1 tablespoon chopped fresh oregano

1 tablespoon freshly grated orange zest

1 orange, halved and then quartered

1 teaspoon cumin

1/2 teaspoon mild or hot smoked paprika

1. Preheat the oven to 425°F.
2. Loosen the skin from the turkey breast by gently pushing your fingers between the skin and the meat. Season under the skin with 1 tablespoon olive oil, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Rub the spice blend under and over the loosened skin and then set the turkey breast in a roasting pan.
3. In a small bowl, toss together the remaining oil, the remaining salt and pepper, the garlic, onion, celery, carrots, rutabaga, turnip, sweet potato, oregano, orange zest, orange, cumin, and smoked paprika. Arrange the vegetable mixture in a single layer around the turkey breast.
4. Transfer the pan to the oven and roast the turkey and vegetables, uncovered, for 15 minutes. Cover the pan loosely with foil. Reduce the oven temperature to 325°F and roast for an additional 30–45 minutes, or until an instant-read thermometer inserted into the meaty part of the turkey breast registers 165°F.
5. Remove pan from oven, transfer the turkey to a cutting board, and tent it loosely with foil. Let the turkey rest for 20 minutes, then discard the skin and slice the meat.
6. Remove and discard the oranges from the roasted vegetables, give vegetables a good stir, and serve them with the sliced turkey.

EXCHANGES/CHOICES 2 Nonstarchy Vegetable
3 Lean Protein

CALORIES 200
CALORIES FROM FAT 40
TOTAL FAT 4.5 g
SATURATED FAT 0.7 g
TRANS FAT 0.0 g
CHOLESTEROL 75 mg
SODIUM 280 mg
POTASSIUM 540 mg
TOTAL CARBOHYDRATE 10 g
DIETARY FIBER 3 g
SUGARS 4 g
PROTEIN 28 g
PHOSPHORUS 235 mg