

Lemon Sage Turkey with Vegetables

RachaelRayMag.com

Servings: 6

cooking spray

5 tablespoons butter, softened

juice of one lemon

2 small shallots, finely chopped

1 tablespoon flat-leaf parsley, chopped

2 pounds yellow-fleshed potatoes (such as Yukon Gold), sliced 1/2-inch thick

salt and pepper

3 large carrots, sliced 1/2-inch thick

1 (about 3 pounds) boneless turkey breast half

3 fresh sage leaves

Preparation Time: 30 minutes

Cook Time: 4 hours

Spray the slow cooker with cooking spray.

In a small bowl, mash the butter with half the lemon juice, the 2 shallots and the parsley until combined.

Spread 2 tablespoons of the butter mixture on the bottom of the cooker. Arrange the potato slices on top. Season with salt and pepper. Layer the carrot slices on the potatoes. Season with salt and pepper.

Using your fingertips, gently loosen the skin from the turkey breast, leaving it attached on one side. Spread the remaining lemon butter and the sage leaves under the skin with your fingers. Season the breast on both sides with salt and pepper. Place the breast, skin side up, on the vegetables. Drizzle the remaining lemon juice on top.

Cover and cook on HIGH until an instant-read thermometer registers 170 degrees in the thickest part of the breast and the vegetables are tender when pierced, three to four hours. Transfer the turkey to a platter and let stand for 5 minutes, then slice. Spoon the vegetables onto plates and serve the turkey alongside.

Per Serving (excluding unknown items): 103 Calories; 10g Fat (82.0% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 26mg Cholesterol; 111mg Sodium. Exchanges: 1 Vegetable; 2 Fat.

Slow Cooker, Turkey

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|------------|-----------------------------|-------|
| Calories (kcal): | 103 | Vitamin B6 (mg): | .1mg |
| % Calories from Fat: | 82.0% | Vitamin B12 (mcg): | trace |
| % Calories from Carbohydrates: | 15.9% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 2.1% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | 10g | Folacin (mcg): | 7mcg |
| Saturated Fat (g): | 6g | Niacin (mg): | trace |
| Monounsaturated Fat (g): | 3g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | trace | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 26mg | % Refuse: | 0.0% |
| Carbohydrate (g): | 4g | Food Exchanges | |
| Dietary Fiber (g): | 1g | Grain (Starch): | 0 |
| Protein (g): | 1g | Lean Meat: | 0 |
| Sodium (mg): | 111mg | Vegetable: | 1 |
| Potassium (mg): | 130mg | Fruit: | 0 |
| Calcium (mg): | 14mg | Non-Fat Milk: | 0 |
| Iron (mg): | trace | Fat: | 2 |
| Zinc (mg): | trace | Other Carbohydrates: | 0 |
| Vitamin C (mg): | 4mg | | |
| Vitamin A (i.u.): | 10904IU | | |
| Vitamin A (r.e.): | 1143 1/2RE | | |

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 103 **Calories from Fat:** 84

% Daily Values*

| | |
|-------------------------------|-----|
| Total Fat 10g | 15% |
| Saturated Fat 6g | 30% |
| Cholesterol 26mg | 9% |
| Sodium 111mg | 5% |
| Total Carbohydrates 4g | 1% |
| Dietary Fiber 1g | 4% |
| Protein 1g | |

| | |
|------------------|------|
| Vitamin A | 218% |
| Vitamin C | 6% |
| Calcium | 1% |
| Iron | 1% |

* Percent Daily Values are based on a 2000 calorie diet.