

Oven Roasted Turkey



Serving Size

8 (3 ounces)



Skill Level

Moderate-Hard



Diet Type

Dialysis

Ingredients

- 12 lb turkey
- 1 tsp poultry seasoning
- 1/2 tbsp smoked paprika
- 4 sprigs fresh parsley
- 4 sprigs fresh rosemary
- 1 tsp dried sage
- 1 tsp dried thyme
- 1/2 tsp black pepper
- 1/2 cup olive oil
- 1 cup low-sodium vegetable stock

Directions

1. Preheat oven to 425°F. Remove neck and giblet bag. Rinse turkey with cold water and pat dry with paper towels.
2. Mix poultry seasonings, smoked paprika, sage, thyme, and black pepper. Rub onto turkey.
3. Place parsley and rosemary sprigs between turkey skin and flesh.
4. Place meat thermometer in the turkey thigh (avoiding the bone).
5. Coat turkey with olive oil. Place turkey breast side up in a roasting pan. Cover loosely with aluminum foil.
6. Cook for 30 minutes then reduce heat to 325°F.
7. Begin basting the turkey every 15-20 minutes with the giblet stock and for 3-4 hours until meat thermometer registers 165°F.
8. Let turkey rest for 30 minutes before carving.

Nutrition Facts

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Amount per serving

Calories 280

Sodium	125 mg
Potassium	188 mg
Phosphorus	250 mg
Carbohydrates	0 g
Protein	32 g



Pro Tip

Avoid self basting to minimize sodium content