

# RECIPES

## MOM'S ROASTED TURKEY WITH BUTTERNUT SQUASH AND ASPARAGUS

Serves 8

### INGREDIENTS

#### *Roasted Turkey*

- 1 12-pound fresh or frozen turkey, thawed if frozen
- 2 tablespoons dried Italian seasoning, crumbled
- 1 tablespoon canola or corn oil
- 1 teaspoon pepper
- 2 to 3 medium ribs of celery, coarsely chopped
- 2 medium carrots (about 1 cup),

coarsely chopped

1 small onion, coarsely chopped

3 sprigs of fresh thyme or 1  
tablespoon dried thyme, crumbled

2 sprigs of fresh rosemary or 1  
tablespoon dried rosemary, crushed

3 medium garlic cloves, crushed, or 3  
teaspoons bottled chopped garlic

Cooking spray

#### *Butternut Squash*

- Cooking spray
- 1 butternut squash, peeled and cut into 1-inch cubes
- 2 teaspoons extra-virgin olive oil
- 2 teaspoons honey
- 1 teaspoon ground cinnamon
- 1 teaspoon dried thyme, crumbled
- ½ teaspoon pepper

#### *Asparagus*

1 tablespoon fresh lemon juice

2 teaspoons extra-virgin olive oil

2 medium garlic cloves, minced, or 2  
teaspoons bottled minced garlic

½ teaspoon pepper

1 pound fresh asparagus, trimmed



NUTRITION FACTS	Per serving
Calories	252
Total Fat	5.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.5 g
Cholesterol	95 mg
Sodium	71 mg
Carbohydrates	16 g
Dietary Fiber	4 g
Total Sugars	5 g
Protein	36 g
Dietary Exchanges: 1 starch, 1 vegetable, 4 lean meat	

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## **DIRECTIONS**

### ***Roasted Turkey***

1. Preheat the oven to 425°F.
2. Place the turkey on a cutting board. Using kitchen shears, remove any loose or hanging skin around the neck cavity of the turkey. Pat the turkey dry with paper towels. Loosen the turkey skin away from the meat by inserting your hand between the meat and skin and gently pushing down. Pull the wing tips up and back and tuck them under the turkey.
3. In a small bowl, whisk together the Italian seasoning and oil. Rub the mixture on the turkey breast and drumsticks, underneath the skin. Sprinkle the pepper over the entire turkey.
4. Fill the turkey cavity with the celery, carrots, onion, thyme, rosemary, and garlic. Tie the legs together with kitchen twine. Lightly spray a roasting pan and rack with cooking spray. Place the turkey with the breast side up on the rack. Roast for 30 minutes.
5. Reduce the oven temperature to 325°F. Loosely cover the turkey with aluminum foil. Roast for 1 hour 45 minutes, or until the turkey reaches an internal temperature of 165°F on an instant-read thermometer. (The total roasting time may be up to 3½ hours to reach 165°F.) Remove from the oven.
6. Remove the foil and spoon the pan juices over the turkey to baste it. Recover the turkey and let it stand for 15 minutes at room temperature. Baste 2 or 3 times during the standing time (removing and replacing the foil each time). Discard the skin and any visible fat before slicing the turkey.

### ***Butternut Squash***

1. Preheat the oven to 350°F. Lightly spray a baking sheet with cooking spray.
2. In a medium bowl, stir together all the ingredients until the squash cubes are evenly coated. Transfer to the baking sheet.
3. Bake for 45 to 50 minutes, or until the squash is fork-tender.

### ***Asparagus***

1. Preheat the oven to 350°F. Line a baking sheet with aluminum foil.
2. In a small bowl, whisk together the lemon juice, oil, garlic, and pepper.
3. Arrange the asparagus in a single layer on the baking sheet. Drizzle the lemon juice mixture over the asparagus.
4. Bake for 12 to 15 minutes, or until the asparagus is tender-crisp.

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