

Roasted Smoky Turkey Breast

Prep: 20 minutes ~ **Cooking:** 1 1/2 to 2 hours ~ **Yield:** 12 or more servings

Ingredients & Directions

- 4- to 4 1/2-pound bone-in or boneless turkey breast
- 1 cup apple cider **or** apple juice, divided, slightly more if needed
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon dry mustard
- 1 teaspoon ground chipotle (smoked dried jalapeno pepper)
- 1 tablespoon Wright's Natural Liquid Hickory Smoke Seasoning
- 1 to 2 tablespoons tamari soy sauce
or 1/2 to 1 teaspoon finely ground, unrefined sea salt
- 1 tablespoon arrowroot starch, optional

1. Rinse breast, pat dry. Place in Dutch oven or roasting pan that closely matches size of breast. Place rack in middle of oven and preheat to 450° F.
2. Whisk 1/2 cup apple juice with oil, mustard, chipotle, liquid smoke, and sea salt or tamari. Pour over breast. Add 1/2 cup reserved juice to pan. Cover pan with lid or foil that does not touch breast.
3. Bake for 15 minutes, then reduce heat to 350° F and roast 30 minutes longer. Uncover and begin basting with pan juices every 15 minutes, until instant-read thermometer inserted into center of breast registers 160° F and interior is white or pale pink. Do not let probe touch bone. If juices begin to cook away, add 1/4 to 1/2 cup juice to pan.
4. Transfer turkey to meat-designated cutting board to rest for 15 minutes. Heat pan juices in roasting pan or transfer to saucepan on range top over medium heat. Stir to loosen stuck bits and reduce to 3/4 cup. For a thicker sauce, dissolve arrowroot in 1/4 cup cool apple juice, add to pan juices, simmer, and stir to thicken.
5. Thinly slice meat, or cut into 1-inch thick slices then cube. Freeze bones for making broth or stock. Toss meat with juices, turn to coat, and serve warm or cover and chill. Refrigerate leftovers. Use within 3 days or freeze.

Variations

- * **Roasted Smoky Turkey Legs:** Replace breast with turkey thighs or legs. Omit oil. Allow 45 to 60 minutes for thighs or drumsticks, slightly longer for legs.
- * **Slow Cooker:** Place turkey breast in 3 1/2- to 5-quart slow cooker. Use only 1/2 cup apple juice. Cover and cook on LOW for 6 to 8 hours or until tender and meat tests done (allow 4 to 6 hours for turkey thighs). Simmer pan juices in saucepan to reduce to 3/4 cup. Thicken with arrowroot if desired, pour over sliced or cubed meat, and turn to coat.

Nutrition

4 ounces without skin:

209 calories
35 g protein
3 g carbohydrate
6 g fat
25 mg calcium
147 mg sodium

This smoky-tasting turkey is low in sodium and free of nitrates and nitrites. It's delicious warm or at room temperature, plain or with Better Barbecue Sauce or Cajun Ketchup, or over individual green salads with raw or roasted vegetables and guacamole, a creamy Tahini Dressing, or Lean & Creamy Dressing, or with eggs, cooked greens, and fruit for breakfast. (See Index for recipes.)

Note: In hot weather, I bake this in a large toaster oven or slow cooker. If baking multiple dishes in a full-size oven at 400° F, cover breast for 1 hour, then uncover and begin basting with pan juices.