

Butterflied Turkey with Herb Gravy

WORK TIME: 30 MINUTES / TOTAL TIME: 1 HOUR 30 MINUTES / SERVINGS: 10

ENJOY THIS TURKEY ANYTIME. IT STAYS SO JUICY YOU CAN SKIP THE GRAVY—EXCEPT ON THANKSGIVING, WHICH JUST DOESN'T SEEM COMPLETE WITHOUT IT. THIS IS A PARTICULARLY LUSCIOUS HOLIDAY VERSION.

- 1 8-12 lb turkey (giblets removed), split and flattened
- 10 cloves garlic, lightly crushed
- 10 sprigs fresh thyme or 1 tsp dried
- ¼ c extra virgin olive oil
- 6 c turkey or chicken stock or reduced-sodium chicken broth
- 5 Tbsp butter
- 3 Tbsp freshly chopped parsley
- 1 Tbsp freshly chopped sage
- ⅓ c cornstarch (optional)

1. HEAT oven to 450°F. Put turkey in roasting pan. Tuck garlic and thyme under bird and in nooks of wings and legs. Rub with oil and salt.

2. ROAST. Baste with pan juices after 20 minutes. Begin to check temperature 15 minutes later. The turkey is done when thigh meat measures 165°F. Remove from pan and set aside.

3. SPOON off excess fat. Add stock and cook on high, scraping brown bits from bottom of pan, until reduced

to about 4 cups, 5 to 10 minutes. Simmer 5 minutes. Add salt and pepper as desired. Strain into saucepan.

4. STIR in butter, parsley, and sage over medium heat. Mix cornstarch, if using, with ¼ cup cold water. Add, stirring, until thick.

NUTRITIONAL INFO PER SERVING (8 oz without skin + ¼ c gravy) 430 cal, 54 g pro, 5 g carb, 0 g fiber, 19.5 g fat, 7 g sat fat, 398 mg sodium



VIDEO! See step-by-step video of these instructions at prevention.com/turkey.