



Capital Area
UNITED WAY



**UNITED
WE FEED**



AGives! 
A 501(c)(3) non-profit affiliate of Associated Grocers, Inc.

UNITED WE FEED

A Healthy Community Collaborative

Prep Time: ~20 min

Cooking Time: 3 hrs

Total Time: 3 hrs 30 min

Kcal Per Serving: 556 kcal

Servings: 10



Thanksgiving Turkey

Ingredient List:

2 tbsp Dried Parsley

2tbsp Dried Rosemary

2tbsp Rubbed Sage

2tbsp Dried Thyme

1tbsp Lemon-pepper Seasoning

1tbsp Salt

1 Turkey (neck & giblets removed)

1 Orange (cut into 8 wedges)

1 Onion (chopped)

1 Carrot (sliced)

2 Celery Stalks (sliced)

1 bottle Champagne

1 can Chicken Broth

Tip:

- Use an instant-read thermometer inserted into the thickest part of the turkey thigh to ensure the internal temperature has reached 180 degrees F.
- If you prefer to use no alcohol, you can use sparkling white grape juice or apple cider combined with additional broth to keep the turkey moist and flavorful while roasting.

- Preheat oven to 350°F.
- Line a roaster with sheets of aluminum foil long enough to wrap around turkey.
- Stir parsley, rosemary, sage, thyme, lemon-pepper seasoning and salt together in a small bowl.
- Rub herb mixture into turkey cavity, then stuff with orange wedges, onion, carrot, and celery.
- Tie turkey legs together with kitchen string, then tuck the wings under the body.
- Place turkey on the foil, then pour champagne and chicken broth over turkey, making sure to get some inside the turkey as well.
- Bring aluminum foil up and over the top of the turkey and seal.
- Roast turkey in oven until juices run clear, 2.5 to 3 hours.
- Uncover turkey and continue baking until the skin turns golden brown, 30 to 60 more minutes.
- Remove turkey from oven, cover with two sheets of aluminum foil, and allow to rest for 10 to 15 minutes.
- Slice the turkey, serve and enjoy!

Nutrition Information: (Per Serving)

556 kcal Calories

24 g Fat

4 g Carbohydrate

69 g Protein