



INA'S WORLD'S SIMPLEST THANKSGIVING TURKEY

By Dr. Cindy Tanzar
(Standard/Maintenance)

Servings depend on size of turkey. Makes 4 servings per pound of turkey. Each 3oz serving covers your protein.



INGREDIENTS

10-12 lb. turkey
2 yellow onions, chopped
3-4 carrots, chopped
2 Granny Smith apples, chopped
Multiple assorted sprigs of fresh herbs (thyme, rosemary, parsley, sage)
1/2 cup Kerry Gold butter, melted
Pink Himalayan salt & ground black pepper

DIRECTIONS

Preheat oven to 325°F. Remove neck and giblets from turkey cavity – ditch the liver and save the rest if making gravy. Dry turkey with paper towels and season liberally inside and out with salt and pepper.

Fill the cavity with the mixed onions, carrots, apples and herbs. Place turkey breast side up in a



roasting pan and brush with melted butter. Tent turkey with foil and roast for 2 hours (add 15 minutes extra per pound for larger birds).

Remove foil and baste with more butter. Turn the oven to 425°F. Roast for another hour or until thermometer inserted deep into the inner thigh registers 165°F. Let turkey rest for 15-20 minutes before serving.