



ONE HEALTHY DISH AT A TIME!

KIDNEY-FRIENDLY Roasted Turkey

**Remove the skin to reduce saturated fat*

Ingredients:

- 1 whole turkey
- Olive oil
- Fresh rosemary, thyme, and sage
- Minced garlic (home-made)
- 1 lemon (sliced)
- Mrs. Morton Lite Salt and pepper to taste

Instructions:

Preparation:

- Preheat your oven to 325°F (163°C).
- Remove the turkey from the refrigerator and let it come to room temperature for about 30 minutes.

Rinsing and Patting Dry:

- Rinse the turkey under cold water and pat it dry with paper towels.

Seasoning:

- Rub the turkey with olive oil to help the skin crisp during roasting.
- Season the turkey inside and out with salt and pepper.
- Gently lift the skin and rub minced garlic directly onto the meat.
- Place fresh herbs (rosemary, thyme, sage) and lemon slices inside the turkey cavity.

Tying Legs:

- If the turkey legs are not tied together, use kitchen twine to tie them. This helps the turkey cook evenly.

Roasting:

- Place the turkey on a rack in a roasting pan.
- Roast the turkey in the preheated oven. The general rule is about 15 minutes per pound, but follow the recommended cooking times based on the turkey's weight.
- Baste the turkey every 30 minutes with pan juices to keep it moist.

Checking Doneness:

- Use a meat thermometer to check the internal temperature. The thickest part of the turkey (usually the thigh) should reach 165°F (74°C).
- Enjoy your kidney-friendly Roasted Turkey!

**While shopping, ALWAYS check the label and choose items with less phosphorus and avoid dairy.*

**Recipes are considered kidney healthy. However, if you have been diagnosed with kidney disease, kidney failure, diabetes, hypertension or another disease, always consult a healthcare provider or dietitian when preparing food for yourself or someone with medical dietary needs to ensure the recipe suits their specific situation.*