

## Juicy Young Turkey Roast

**Preheat:** oven, 325 degrees Fahrenheit

**Pans:** Large Roasting Pan

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes a pound

**Number of Servings:** whole family with leftovers!

**1 Young Turkey Roast, Plainville Farms**

Thawed. Take innards out. Rinse. Place in roasting pan.

**1 apple**

**1 orange**

**3 carrots**

**2 stalks celery**

**1/2 onion**

**Handful fresh parsley leaves**

Chop into large pieces. Place in front and back cavities of turkey.

**8 garlic cloves**

Place 6 inside turkey cavities. Cut two in half. Rub them all over the skin surfaces. Then drop into bottom of pan.

**1/2 cup water**

Pour into pan.

**2 Tablespoons olive oil**

Rub all over turkey.

**1/2 teaspoon sea salt**

Sprinkle evenly over top of turkey. Place in oven with aluminum foil loosely topping it - make it into a tent to avoid touching. Baste periodically. Cook until done. Serve!

**6 God-made Food Colors:** red, white, green orange, tan, golden

**6 Food Groups:** poultry, fruit, vegetables, herbs, EFAs (essential fatty acids), water

### PERFORMANCE RATING: 6/6

This is so easy and because of the quality of the turkey, unbelievably flavorful. With repeated basting, it is so nicely moist. You can add more flavors with curry, tumeric and tarragon. We suggest avoiding cooking stuffing inside the turkey. Instead, cook it on the side during special occasions. Placing fruit in the center really enhances the juices - the more the better! A whole roast turkey is a cost efficient way to feed your family - everyone loves it - and it's breeze to prepare. For those who work, prepare it in a crockpot. Have it at least six times a year.

A 6/6 Performance Rating is great. Just think of all the bountiful health benefits of this meal when you add your side dishes: green beans almondine or peas, sweet potatoes and corn bread. Yum! Now everyone is happy!

**\*KKA** means awarded the Kid Critics Approved Seal