

Kim's Roast Turkey

PREHEAT: Oven, 325 degrees Fahrenheit

PAN: Large Roasting Pan

- * 10 - 12 pound turkey, hormone and antibiotic free (fresh or frozen)

When thawed, remove innards and wash clean with water. Place top side up in a large roasting pan. Lightly salt the cavity.

- * 1 apple

- * 1 orange

- * 1 lemon

- * 1 medium - large sweet onion

- * 2 celery stalks

- * 2 carrots

- * 2 red potatoes

- * 1 sweet potato or yam

Wash all but the onion. Cut into large pieces. Quarter the apple, orange, lemon, red and sweet potatoes. Cut carrots and celery into two or three pieces. Do not remove any skins, seeds or core. Exception: skin the onion and cut into thin slices. Place and hand mix around in a bowl. Grab handfuls and generously stuff the turkey cavity with this combination of fruit and vegetables.

- * 8 garlic cloves, chopped and crushed

- * ¼ cup extra virgin olive oil

- * 1 teaspoon sea salt

Mix together in a bowl. Rub it all over the turkey. Place unused cut fruit and vegetables around the base of the turkey. Place turkey in oven. Roast according to weight directions.

7 COLORS: red, white, orange, yellow, green, garnet, golden

FOOD CIRCLES: vegetables, fruit, poultry, essential fatty acids

Number of Servings: 8+

Serve With: Salad, green beans, garlic bread