

## HERB STUFFED TURKEY BREAST WITH CRANBERRY CHUTNEY

Yield: 6 Servings

Ingredients	Amounts
Boneless turkey breast, about 2 ½ lb.	1 ea.
Butter, softened	½ cup
Shallot, finely minced	1 ea.
Garlic clove, minced	1 ea.
Lemon zest	1 Tbsp.
Lemon juice	1 tsp.
Orange zest	1 Tbsp.
Orange juice	1 Tbsp.
Tarragon, fresh, chopped	1 Tbsp.
Parsley, chopped	1 Tbsp.
Basil, fresh, chopped	1 Tbsp.
Cilantro, fresh, chopped	1 Tbsp.
Salt	½ tsp.
Black Pepper	½ tsp.
<b>Cranberry Chutney</b>	
Cranberries, fresh or frozen	2 cups
Granny Smith apples	1 cup
Sugar	1 cup
Cider vinegar	½ cup
Orange zest	1 Tbsp.
Orange juice	¼ cup
Cinnamon, ground	1 tsp.
Ginger, minced	1 tsp.

**Method**

1. Rinse the turkey breast in cold water and pat dry. Carefully, using your fingers, make a pocket between the skin and the breast.
2. Combine the butter, shallots, garlic, lemon zest, lemon juice, orange zest, orange juice, tarragon, parsley, basil, cilantro, salt, and pepper. Mix well.
3. Using a pastry bag, pipe an even layer of the soft butter mixture in the pocket between the skin and the breast. By pressing on the skin, spread herb mixture into an even thin layer throughout the pocket.
4. Place turkey breast into a microwave cooking bag, following the instructions for using the microwave bag. Microwave on P7 for 25 minutes, about 8-9 minutes per pound, or internal temperature reached 165°F. Allow to set 15 minutes before carving.
5. For the chutney, combine all the ingredients in a large microwavable bowl. Cover with plastic wrap, then puncture

Nutrition Facts		
Serving Size 1 serving		
Servings Per Container 6		
Amount Per Serving		
<b>Calories</b> 600	<b>Calories from Fat</b> 230	
% Daily Value*		
<b>Total Fat</b> 26g	<b>40%</b>	
Saturated Fat 13g	<b>65%</b>	
Trans Fat 0g		
<b>Cholesterol</b> 150mg	<b>50%</b>	
<b>Sodium</b> 290mg	<b>12%</b>	
<b>Total Carbohydrate</b> 46g	<b>15%</b>	
Dietary Fiber 3g	<b>12%</b>	
Sugars 40g		
<b>Protein</b> 44g		
Vitamin A 15%	• Vitamin C 30%	
Calcium 6%	• Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000    2,500
Total Fat	Less than	65g    80g
Saturated Fat	Less than	20g    25g
Cholesterol	Less than	300mg    300 mg
Sodium	Less than	2,400mg    2,400mg
Total Carbohydrate		300g    375g
Dietary Fiber		25g    30g
Calories per gram:		
	Fat 9	• Carbohydrate 4 • Protein 4

holes with a small knife, for steam to vent and microwave on P7 for 12 minutes, until slightly thick. Let cool. Keep refrigerated until needed.