

Turkey Breast with Cranberry Compote

Right for Tonight™ Healthy Meals



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Prep Time: 15 minutes

Cook Time: 2 hours*

Easy Recipe:

Cranberry Compote:

- 1/2 cup orange juice
- 1/4 cup brown sugar
- 2 tsp. finely grated orange peel
- 1 (12-oz.) pkg. fresh cranberries
- 1/4 tsp. ground cinnamon

Turkey Breast:

- 1 (4½- to 5-lb.) fresh bone-in turkey breast
- 2 tbsp. trans fat-free margarine, melted

Easy Steps:

- 1. For Cranberry Compote: In a saucepan bring ½ cup water, orange juice, sugar and orange peel to boiling. Stir in cranberries and cinnamon; return to boiling.

Reduce heat and cook 12 to 15 minutes or until berries burst.

- 2. Transfer compote to a bowl; let cool completely. Cover and refrigerate until ready to serve.

- 3. For Turkey Breast: Preheat oven to 350°F. Place turkey breast in a roasting pan. Brush turkey with margarine and season with freshly ground black pepper to taste.

Roast 1 hour, 15 minutes to 1 hour, 45 minutes, or until an instant-read thermometer registers 165°F.

- 4. Remove from oven. Loosely cover with foil and let stand 10 minutes. Slice turkey and serve with Cranberry Compote.

Serves 6

Per Serving: 315 calories, 8g carbohydrate, 43g protein, 1g fiber, 9g fat, 2g saturated fat, 110mg cholesterol, 100mg sodium

*10 minutes stand time extra

Make it a complete meal with steamed green beans and roasted sweet potatoes.



Milk with Meals: Serve this meal with an 8-ounce glass of lowfat milk to boost daily nutrition value by 8g protein, 30% calcium, 25% Vitamin D, 11% potassium, 10% Vitamin A and 23% phosphorus.

See a nutrition professional for more information.



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