

Rosemary-Roasted Turkey

Moist and flavorful, you can also use this recipe for Cornish game hens, chicken breasts or roasting chicken. Select a turkey sized according to the amount of people you will be serving.

Ingredients

3/4 cup olive oil
3 tbsp minced organic garlic
2 tbsp chopped fresh rosemary
1 tbsp chopped fresh basil
1 tbsp Italian seasoning
1 tsp ground black pepper
Sea salt to taste
1&12 lb. whole organic turkey



Directions

Preheat oven to 325 degrees.

In a small bowl, mix the olive oil, garlic, rosemary, basil, Italian seasoning, black pepper and salt. Set aside. Wash the turkey inside and out; pat dry. Remove any large fat deposits. Loosen the skin from the breast. This is done by slowly working your fingers between the breast and the skin. Work it loose to the end of the drumstick, being careful not to tear the skin. Using your hand, spread a generous amount of the rosemary mixture under the breast skin and down the thigh and leg. Rub the remainder of the rosemary mixture over the outside of the breast. Use toothpicks to seal skin over any exposed breast meat. Place the turkey on a rack in a roasting pan. Add about 1/4 inch of water to the bottom of the pan. Roast in the preheated oven 3-4 hours, or until the internal temperature of the bird reaches 180 degrees.

Cider-Glazed Sweet Potatoes with Cranberries

Sweet potatoes, apple cider and cranberries are all holiday favorites. This super easy recipes combines the three to create a delicious side dish that can also double as a dessert.

Ingredients

2 large sweet potatoes, peeled and cut into 1-inch strips or 2 inch cubes
1&1/2 cups apple cider or apple juice
1/4 cup packed organic brown sugar
2 tbsp butter
1/2 tsp nutmeg
1/2 tsp ground allspice
1/2 cup dried unsweetened cranberries

(As always, use as much organic content as possible for the very healthiest recipe.)

Instructions

Peel and cut the sweet potatoes into strips or cubes. Steam them in a steamer basket or cover them in a pot with 1/4 cup of water. Steam the potatoes for 10-15 minutes or until the cubes are tender. If desired, you can also steam them in the microwave. Set the potatoes aside in a large bowl. Combine the cider, sugar, butter, nutmeg and allspice in a large non-stick skillet over medium-high heat. Bring the mixture to a boil, stirring often. Add the potatoes, reduce the heat so the liquid is simmering and cook for 5 minutes, stirring occasionally. Add the cranberries and continue cooking until the liquid is reduced to a syrupy glaze and the potatoes are tender, about 10 minutes. If the glaze becomes very thick before the potatoes become tender, thin it with a small amount of cider. When the potatoes are tender, transfer them to a serving bowl with a slotted spoon. Pour the remaining glaze over the sweet potatoes and serve. Makes 6 servings.

Merry Christmas!

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