

# Juniper and Rosemary Brined Turkey

**YIELD: 16 SERVINGS**

Gluten-free

Dairy-free

FODMAP friendly



## INGREDIENTS

- 1 gallon water
- 1 cup salt, kosher
- ½ cup sugar
- 2 Tbsp thyme, dry
- 2 Tbsp rosemary, dry
- 2 Tbsp juniper berries, whole
- 2 Tbsp black peppercorns, whole
- 8 bay leaves
- 1 double lobed turkey breast
- 1 oz canola oil

## DIRECTIONS

1. Place water (3 quarts) in a container large enough to hold all the water and the turkey breast in the refrigerator.
2. Place the remaining water (1 quart) in a saucepan with the salt (1 cup), sugar (½ cup), thyme (2 Tbsp), rosemary (2 Tbsp), juniper berries (2 Tbsp), peppercorns (2 Tbsp), and bay leaves.
3. Bring up to a simmer. Cook for about 10 minutes.
4. Pour the simmered water and spices into the container with the cooled water.
5. Place the turkey in the container. Ensure that it is fully submerged, weighing it down with a heavy plate or container. Return to the fridge, and let it sit overnight.
6. Preheat oven to 350°F.
7. Remove the turkey from the brine. Rinse under cool running water.
8. Place the turkey in a roasting pan, and pat it dry with a clean kitchen towel.
9. Place turkey in the oven. Roast until an internal temperature of 165°F is reached.
10. Remove from the oven and allow to rest for 10-15 minutes before slicing.
11. Save the roasting pan as this will be used for the sauce.



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### NUTRITION FACTS

Serving size 1 (5.7oz)

Amount Per Serving	162g
<b>Calories</b>	<b>125</b>
	<b>% Daily Value</b>
<b>Total Fat</b> 3.5g	5%
Saturated Fat 0.4g	2%
<b>Cholesterol</b> 38mg	13%
<b>Sodium</b> 7129mg	297%
<b>Total Carbohydrate</b> 7g	2%
<b>Dietary Fiber</b> 0g	2%
<b>Sugars</b> 6g	
<b>Protein</b> 17g	34%
Vitamin A	1%
Vitamin C	1%
Calcium	3%
Iron	5%