Mandarin Orange Turkey with a Citrus Pomegranate Relish

Recipe by: Chef Jonathan Poyourow, RD, LD
Yield: 6 servings

Ingredients:

For the turkey
1 turkey breast, bone-in, about 5 to 7 pounds
¼ cup vegetable oil
1 tablespoon pepper

For the mandarin orange glaze:
2 cloves garlic, minced
2 tablespoons butter
6 ounces orange juice concentrate (about ¾ cup)
2 tablespoons sweet orange marmalade
2 tablespoons brown sugar
1 tablespoon soy sauce
1 teaspoon ground ginger or 2 tablespoons fresh minced ginger

For the relish:
1½ cups fresh pomegranate seeds or cranberries
¼ cup fresh mint
1 orange, zest removed and juiced
4 dates
¼ teaspoon sea salt

Method of Preparation:

1. Preheat the oven to 325 degrees.
2. Rub turkey breast lightly with vegetable oil and season with pepper. Place the turkey on a rack in a roasting pan. Roast for 2 to 3 ¼ hours, depending on size of the turkey breast. Cook until the meat thermometer reaches 155 degrees.
3. In a medium sized bowl, mix together all of the ingredients listed for the glaze.
4. Baste the turkey with the glaze a few times during the last 20 minutes of cooking time.
5. When turkey is done, remove it from oven and let it rest for about 10 minutes.
6. While the turkey is resting, mix together all of the ingredients listed for the relish in a small bowl.

To assemble:

1. Cut turkey into desired amounts. Place the relish on plate and place the cut pieces of turkey on top.

Nutritional Analysis:
Calories: 746
Carbohydrates: 34g
Sodium: 979mg
Protein: 98g
Fat: 19g
Fiber: 3g

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