

## Roasted Turkey Breast - Thanksgiving for a Few

If you don't eat much, and you aren't hosting a huge party this year....how do you make a traditional holiday meal that doesn't overly fill your house with food?

### Ingredients:

- 1 (2 lb) bone-in turkey breast
- 1 tbsp salt
- 1 tbsp minced fresh thyme leaves
- 1 lemon zested
- 1 small onion, cut into eighths
- 2-4 sprigs fresh thyme



### Preparation:

1. Preheat oven to 325F.
2. Combine 1 tbsp salt, minced thyme and lemon zest (save rest of lemon). Wash the turkey breast inside and out and drain it well, patting with paper towels to dry.
3. Sprinkle the salt mixture all over the skin of the turkey. Place in a roasting pan with rack. Cut lemon into 4 wedges and tuck inside turkey breast along with onion and thyme sprigs.
4. Bake for 45 minutes (leave plenty of time in case it needs longer). Check with a thermometer that the internal temperature reads 165F.
5. Slice turkey breast and serve.

<https://www.foodcoach.me/recipe/roasted-turkey-breast/>