**Herb Roast Turkey Recipe**

#### Ingredients

* 12-14 lb turkey
* 1/4 cup olive oil
* 1/2 cup herbs chopped; parsley, rosemary, sage and/or thyme
* 1 recipe stuffing optional
* onions and fresh herbs optional
* 4 cups chicken or turkey broth

Instructions

* Preheat oven to 350°F.
* Remove giblets and neck from turkey cavity and pat turkey dry with paper towels. If stuffing the turkey, wipe the inside of the cavity with paper towels.
* Rub olive oil and chopped herbs over turkey and season generously with salt/pepper.
* If stuffing turkey, fill with stuffing loosely (do not pack stuffing) or add 1/2 an onion and fresh herbs to the cavity.
* Tie legs together with kitchen string or tuck under the flap of skin at the tail if your turkey has one. Twist the tips of the wings under the turkey.
* Place turkey in a roasting pan on a rack, breast side up (optional, add celery, onion, carrot and the turkey neck to the bottom of the roasting pan). Add 4 cups broth to the  bottom of the pan (or enough to fill the pan about 1" deep).
* Add turkey to the oven, reduce heat to 325°F and roast until turkey reaches 165°F \*see below. Once the breast starts to brown, loosely tent a piece of foil over the breast so it doesn't overcook.
* Remove turkey from the roasting pan and tent with foil, rest at least 20 minutes.  Make gravy from the drippings while the turkey rests.

#### Recipe Notes

Note: The meat and the stuffing of the turkey should reach 165°F.

#### NUTRITION INFORMATION

Calories: 498, Carbohydrates: 1g, Protein: 70g, Fat: 23g, Saturated Fat: 5g, Cholesterol: 232mg, Sodium: 648mg, Potassium: 787mg, Sugar: 1g, Vitamin A: 233IU, Vitamin C: 6mg, Calcium: 42mg, Iron: 3mg