

PREPARATION: 20 MINUTES | COOKING: 1 HOUR | SERVINGS: 10

FESTIVE TURKEY BREAST WITH APPLE ONION CHUTNEY

INGREDIENTS

For the chutney

2 onions, diced

2 apples, diced

½ cup apple cider vinegar

½ cup unsweetened apple juice

1 teaspoon dijon mustard

1 tablespoon fresh sage
or 1 teaspoon dried sage

2 lb turkey breast (bone-in, skin on)

2 tablespoons olive oil

1 teaspoon poultry seasoning

PREPARATION

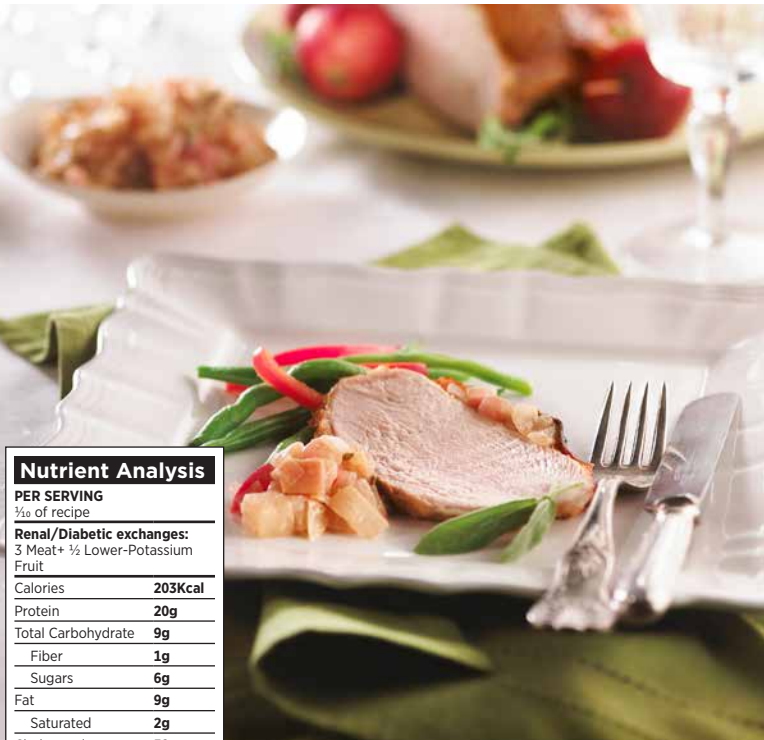
- 1** Place all chutney ingredients in a sauce pan and bring to a boil. Simmer for approximately 30 minutes or until all the liquid is absorbed. Chutney may be made a day in advance.
- 2** Preheat oven to 350°F.
- 3** Carefully loosen skin on turkey breast with fingers and spoon cooled chutney under the skin.
- 4** Massage olive oil on turkey and sprinkle with poultry seasoning.
- 5** Place turkey breast in roasting pan and cook for approximately 1 hour or until the meat thermometer reads an internal temperature of 165°F.

SUGGESTION

- ✓ *You can also serve the apple onion chutney as a side condiment instead of a stuffing. This recipe can easily be halved to make fewer portions.*



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Nutrient Analysis

PER SERVING

1/2 of recipe

Renal/Diabetic exchanges:

3 Meat+ 1/2 Lower-Potassium

Fruit

Calories **203Kcal**

Protein **20g**

Total Carbohydrate **9g**

Fiber **1g**

Sugars **6g**

Fat **9g**

Saturated **2g**

Cholesterol **59mg**

Sodium **68mg**

Potassium **345mg**

Phosphorus **184mg**

Calcium **25mg**

Iron **1mg**

Magnesium **28mg**

Vitamin C **4mg**

Diet Types

CKD Non-Dialysis Dialysis/Diabetes

Dialysis Transplant

POTASSIUM CHECK

Adding Zest With Apple Flavor

FRESH APPLES can add color, flavor and texture to foods without adding sodium or a large amount of potassium. Add sliced or chopped apples to salads for extra flavor and crunch. Choose apples that are sweet or tart to best compliment other ingredients in the salad. Apples can also be added to cereal, muffins and breads for added flavor and color.

APPLE JUICE or cider can be an ingredient to glaze or marinate meats, poach fish or used as a flavorful substitute for water in bread and muffin recipes. When following a recipe, do not swap apple juice for apple cider. Apple juice has added sweetness that will greatly change the recipe, even if you use unsweetened apple juice. The filtration process used to make juice removes the pulp and sediment as well as the tart and bitter flavors that are naturally present in cider.

APPLE CIDER VINEGAR is made by fermenting the sugars of apples and should be a pantry staple for all. It can be used in vinaigrettes, marinades and chutneys to add a tangy flavor. Replace balsamic vinegar with apple cider vinegar in a salad dressing or mix with olive oil and herbs to dress up vegetables for any occasion.

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