



Featured Recipe

Olson Women's Health Resource Center
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Simple Roasted Turkey

Impress your friends and family this Thanksgiving holiday with this Simple Roasted Turkey recipe. It is easy to make and can serve up to ten guests. Turkey is known as a super food. It is an excellent source of protein; it is low in fat and calories and is a good source of selenium and B vitamins. Selenium is a mineral that is important for good brain function, a healthy immune system, thyroid health and fertility. Enjoy!

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INGREDIENTS

- 2 tbsp. kosher salt
- 1 tbsp. black pepper
- 1 large yellow onion, quartered
- (1) 14 – 16 lb. fresh or frozen, thawed whole turkey
- 3 bay leaves
- 2 tbsp. olive oil
- 1 head garlic, halved crosswise

INSTRUCTIONS

1. For the freshest flavor, buy a turkey that has been flash frozen after butchering. To allow adequate time for defrosting, plan on two to three days for a 10- to 15- pound bird to thaw. Leave the turkey in its original wrapper, place it in a pan to catch any juices, and set the pan in the back of your refrigerator until it's thawed.
2. Preheat oven to 450° F with oven rack in lower third of oven. Place a roasting rack in a large roasting pan lined with aluminum foil. Rinse your turkey with cold water and pat dry with paper towels. Season on all sides with salt and pepper, and place onion, bay leaves and garlic in cavity.
3. Tie ends of legs together with kitchen twine and tuck wing tips under. Place on rack in prepared pan, breast side up and brush with oil. Bake in lower third of preheated oven for 45 minutes. Loosely cover turkey with aluminum foil and reduce oven temperature to 350° F. Continue baking until golden brown and a meat thermometer inserted in thickest portion of thigh registers at 165° F, 1 ½ hours to 2 hours. Reserve 1 ½ cups of strained drippings for your turkey gravy.

Roast Time: 2 hours 15 minutes

Servings: 10 servings

Total Time: 3 hours

NUTRITION

Calories: 236 Cal

Carbohydrates: 15g

Fat: 11g

Protein: 31g

Dietary Fiber: 2g

Olson Wellness Exchange

Olson Wellness Exchange is a free program in the Omaha area designed to help women incorporate health and wellness into their lives. Join the Olson Wellness Exchange to receive up-to-date information on women's health issues and to learn about companies in Omaha that are working to improve wellness in women. Some benefits of your FREE O.W.E. membership are discounts to Olson Center for Women's Health events, monthly e-mails or mailings with current offerings and promotions from O.W.E. partners, quarterly women's health newsletter on a variety of women's issues, and bi-monthly educational flier on a specific women's health issue. To register, call (402) 559-6345, or visit us at the Olson Center for Women's Health on the 4th Floor of the Durham Outpatient Center on UNMC's main campus, or register online at www.olsoncenter.com

