



# FESTIVE TURKEY BREAST WITH APPLE ONION CHUTNEY

PREPARATION: 20 MINUTES

COOKING: 1 HOUR

8 SERVINGS

## INGREDIENTS

### FOR THE CHUTNEY:

**2 onions, diced**

**2 apples, diced**

**1/3 cup apple cider vinegar**

**1/2 cup apple juice**

**1 teaspoon dijon mustard**

**1 tablespoon fresh sage or 1 teaspoon dried sage**

**1 kg turkey breast (bone-in, skin on)**

**2 tablespoons olive oil**

**1 teaspoon poultry seasoning**

## Nutrient Analysis

### PER SERVING

1/8 of recipe

### Renal exchange:

4 Protein + 1 Vegetable

Calories	<b>233Kcal</b>
Protein	<b>30g</b>
Carbohydrates	<b>10g</b>
Fibre	<b>1g</b>
Total Fat	<b>7g</b>
Saturated Fat	<b>2g</b>
Cholesterol	<b>72mg</b>
Sodium	<b>53mg</b>
Potassium	<b>449mg</b>
Phosphorus	<b>247mg</b>

## 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. (conventional oven)
- 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 160° F.
- 6** Cut in slices and serve with colourful vegetables such as green beans and red peppers.

### Note:

*You can also serve the apple onion chutney as a side condiment instead of a stuffing.  
And this recipe can easily be halved.*