

Roasted Chicken or Turkey Breast

Makes 6 Servings

Ingredients

- 1/2 cup syrup or honey
- 2 tablespoons unsalted butter, melted
- 1 lemon, juiced, or 1 tablespoon lemon juice
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 teaspoon dried thyme, rosemary or sage (optional)
- 1 (5-6 pound) whole chicken, or 1 (5-6 pound) bone-in, skin-on turkey breast
- 2 pounds carrots or parsnips, peeled and cut into 2-inch pieces

Directions

1. Preheat oven to 425 degrees. In a small bowl, mix syrup, lemon juice, salt, pepper and thyme (if using).
2. Place carrots on rimmed baking sheet. Tie chicken legs together and tuck wing tips under the body. Place chicken, or turkey breast-side up on baking sheet. Brush syrup mixture over chicken or turkey.
3. Roast, basting (brushing or pouring) syrup mix over turkey breast every 30 minutes, until golden-brown or until meat thermometer reads 165 degrees, about 1 hour and 20 minutes.
4. Remove from oven and allow to rest (sit) for 20 minutes before carving.
5. Carve chicken or turkey. Serve with roasted carrots and enjoy.

Tip: Make this recipe in a slow-cooker! Place chicken in a large slow-cooker. Add 1/2 cup low-sodium chicken broth and syrup. Cover and cook on high for 4 hours, or on low for 6 hours, until a meat thermometer reads 165 degrees.

Recipe from: Feeding Pennsylvania and PA Eats | Photo from BigStock

