



# Cranberry Turkey

## Ingredients:

- 1 turkey breast (skin on, bone removed)
- 1/2 cup chicken broth (at room temperature)
- 1 Tbsp butter (unsalted)
- 2 tsp dried thyme
- 1 tsp black pepper
- 1 tsp salt (plus more to taste)

## For cranberry glaze:

- 1.5 cups cranberries (frozen or fresh)
- 1/3 cup honey (or maple syrup)
- 2 Tbsp apple cider vinegar (or malt vinegar)

## Instructions:

1. Begin by making cranberry glaze. Combine the cranberries, honey and apple cider vinegar in a small saucepan. Bring to a boil over high heat, then turn to a simmer for about 5 minutes, until the liquid starts to thicken.
2. Remove the mixture from the stove and pour into a sieve placed over bowl.
3. Using a spatula, push the pulp of the mix through the sieve and into the bowl, leaving skins and seeds behind. Set aside.
4. On a skillet put butter and chicken broth, bring to a simmer.
5. Evenly rub the spices and salt all over the turkey breast.
6. Cook turkey breast evenly 6-8 minutes each side

**Prep Time:** 20 minutes

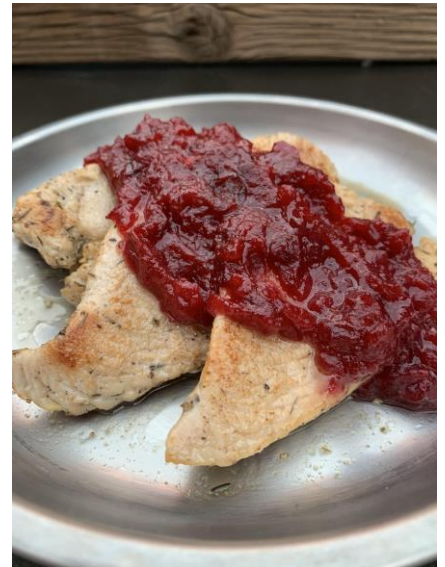
**Cooking Time:** 40 minutes

## Equipment:

- Cutting board
- Knife
- Saucepan
- Spatula

**Servings:** 4

**Serving Size:** 1 chicken breast



<b>Nutrition Facts:</b>	455	16g	4g Saturated	28g	47g	2g
	Calories,	Fat	Fat,	Carbohydrates,	Protein,	Fiber,
	24g	826 mg				
	Sugar,	Sodium.				

Check out our blog at [www.cookingoncampus.arizona.edu](http://www.cookingoncampus.arizona.edu) to find past recipes and a list of upcoming classes!  
 For more info about nutrition and what to eat on campus, go to [www.health.arizona.edu](http://www.health.arizona.edu), click Health Promotion, then Nutrition.

BROUGHT  
 TO YOU BY: Campus Health Service • Campus Rec • ASUA • SHAC



# Cranberry Turkey

7. Transfer chicken to a cutting board or platter and let it rest for 5 to 10 minutes,
8. Pour cranberry glaze on top of turkey.
9. Enjoy!!!

## Variations:

- Vegetable stock can be used instead of chicken stock and helps reduce sodium content.

<b>Nutrition Facts:</b>	455	16g	4g Saturated Fat,	28g	47g	2g
	Calories,	Fat		Carbohydrates,	Protein,	Fiber,
	24g	826 mg				
	Sugar,	Sodium.				

Check out our blog at [www.cookingoncampus.arizona.edu](http://www.cookingoncampus.arizona.edu) to find past recipes and a list of upcoming classes!  
For more info about nutrition and what to eat on campus, go to [www.health.arizona.edu](http://www.health.arizona.edu), click Health Promotion, then Nutrition.

BROUGHT  
TO YOU BY: Campus Health Service • Campus Rec • ASUA • SHAC