

## Turkey Breast, Slow and Easy

By: Joyce Lande [www.happyandhealthylifestyles.com/recipes](http://www.happyandhealthylifestyles.com/recipes)

### Ingredients:

- 1 boneless Turkey Breast, rinsed and patted dry
  - 1 large yellow onion, cut in half and sliced into half-moons
  - 2 tbsp. olive oil or unsalted butter, cut into pieces
  - 1 tsp basil
  - 1 tsp thyme
  - 1 tsp oregano
  - 1 pinch rosemary
  - 1 garlic clove
  - 1/2 cup water or chicken/turkey broth
- Cooking rack insert provided with crockpot or 3-4 foil balls (To make foil balls, tear off 6" sheet of foil and crumble into balls.)

### Instructions:

1. Coat the crockpot with nonstick cooking spray or butter.
2. Measure and combine spices in a small dish.
3. Arrange the onion slices on the bottom of the crockpot.
4. Place cooking rack or foil balls on top of or around the onion.
5. Place turkey breast, skin side up, on the onions and cooking rack or foil balls.
6. Sprinkle herb mixture on turkey breast and gently press on turkey breast.
7. Sprinkle oil or dot the butter on the turkey breast.
8. Pour the water around the turkey breast.
9. Cover and cook on HIGH for 3 1/2 - 4 hours.
10. DON'T PEEK BEFORE THE MINIMUM TIME HAS PASSED.
11. Turkey will be done when an instant-read meat thermometer inserted in the thickest part of the breast register 170 degrees to 180 degrees.

Cooker: Medium to large round or oval

Setting and Cook Time: HIGH for 3 1/2 to 4 hours

Serves: 4-6

Recipe adapted from Bunny's Turkey Breast, Not Your Mother's Slow Cooker Cookbook.

## **JOYCE LANDE, HAPPY AND HEALTHY LIFESTYLES**

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