

Roast Turkey With Blueberry Balsamic Glaze

Serves: 2

Turkey Ingredients

2 tablespoons Lemon extra virgin olive oil
1 large onion, thinly sliced
3 rosemary sprigs
1 bone-in turkey breast with skin on (2-3 pounds)
Salt & pepper

Blueberry Balsamic Glaze Ingredients

2 cups frozen blueberries (divided)
1/2 cup dried figs, sliced, or if small, halved
1/2 cup Blueberry aged balsamic vinegar
1 tablespoon maple syrup
1-1/2 tablespoons whole grain mustard
1/4 teaspoon salt and pepper

Turkey Instructions

Preheat oven to 450°F. In a large heavy oven safe bottom skillet over medium heat, add olive oil, onion and rosemary sprigs.

Rub turkey on all sides with oil (or butter) and sprinkle with salt and pepper.

Place turkey in pan, on top of onion mixture; transfer pan to the oven.

Turn temperature down to 400°F, and bake for 40 minutes.

Blueberry Balsamic Glaze Instructions

Place 1/2 cup of the blueberries, figs and the balsamic vinegar in small sauce pan. Bring to a simmer, then turn heat to low, stirring occasionally until reduced by half.

Stir in maple syrup, whole grain mustard and a pinch of salt and pepper.

After the turkey has cooked for 40 minutes, brush with the glaze pour the rest over the top. Give the pan a shake.

Surround the turkey with the remaining blueberries, lower oven temperature to 350 F and continue roasting in the oven, 20 or more minutes or until turkey reaches 160°F.

Recipe adapted from US Highbush Blueberry Council recipe