

Bacon-Wrapped Turkey Breast Recipe

Ingredients:

- 1 turkey breast
- 1 teaspoon salt for every 2 pounds of turkey
- Optional: pepper, citrus zest, and herbs (e.g., 1 teaspoon chopped rosemary and 1 sprig of thyme)
- Bacon (enough to cover the turkey breast)

Instructions:

1. Season the Turkey:

- In a bowl, combine the salt with any optional ingredients like pepper, citrus zest, or herbs (e.g., rosemary and thyme).
- Pat the turkey breast dry and rub it with the salt mixture on both sides.
- Place the seasoned turkey in a container, loosely cover it with a plastic bag, and refrigerate for 24 hours.

2. Prepare the Turkey for Cooking:

- Remove the turkey breast from the fridge and pat it dry again.
- Transfer the turkey to a roasting pan and drape bacon slices over the entire surface of the turkey breast.
- Allow the turkey to sit at room temperature for about 20 minutes.

3. Roast the Turkey:

- Preheat your oven to 400°F (200°C). Once the turkey is in the oven, reduce the heat to 350°F (176°C).
- Roast the turkey for about 13 minutes per pound. Always check the temperature with a meat thermometer.
- Remove the turkey when it reaches an internal temperature of 160°F (71°C). Cover loosely with aluminum foil and let it rest for 30 minutes. The temperature will rise to 165°F (74°C) as it rests.

4. Slice and Serve:

For best results, slice the turkey breast against the grain.

Nutritional Breakdown per Serving (Approximate, assuming 6 servings):

- **Calories:** 320-350 kcal
- **Fat:** 16-20g
 - Saturated Fat: 5-7g
- **Protein:** 40-45g
- **Carbohydrates:** 0g
- **Sodium:** 700-900mg
- **Cholesterol:** 100-120mg