

Easy Maple-Glazed Roasted Turkey Breast



4.72 from 7 votes

Prep Time

15 mins

Cook Time

2 hrs 15 mins

Resting Time

15 mins

Total Time

2 hrs 30 mins



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Keep the holidays simple with an Easy Maple-Glazed Roasted Turkey Breast! You get the best tender, juicy white meat and a flavorful crispy skin -- all with about 15 minutes of prep!

Course: Dinner

Cuisine: American

Keyword: Roast Turkey Breast, Roasted Turkey Breast, Thanksgiving turkey recipe

Servings: 8 people

Calories: 269.4 kcal

Author: Blair

Ingredients

- 1 (7 lb.) whole turkey breast, fresh or frozen and thawed
- 1/2 apple, chopped into two pieces
- 1/2 lemon
- 1/2 onion
- 1 stalk celery, halved
- 1 sprig fresh rosemary
- 1 sprig fresh thyme
- Salt, to taste
- 1/2 cup (1 stick) butter
- 1/2 cup maple syrup
- 1 cup water

Instructions

1. Preheat oven to 350 degrees F.
2. Rinse the turkey breast with cold water. Pat dry.
3. Stuff turkey cavity with apple, lemon, onion, celery, rosemary, and thyme. Sprinkle salt inside the cavity.
4. Place the turkey in a large shallow roasting pan lined with aluminum foil. Don't skip the aluminum foil (it makes clean up quick and easy)!
5. TO PREPARE THE GLAZE: In a small saucepan, melt butter with maple syrup over low heat. Pour maple butter glaze over turkey to coat.
6. Add 1 cup water to bottom of pan.
7. Roast the turkey breast for 2 – 2 1/2 hours, or until an instant-read thermometer registers 165 degrees F. Baste with pan juices every 30 minutes.

8. If any part of the turkey browns too quickly while cooking, just tent lightly with aluminum foil.
9. Remove the turkey from the oven and place on a large cutting board. Tent the turkey with foil and allow it to rest for about 20 minutes before carving.

Recipe Notes

How long do you cook a roasted turkey breast?

Roast this 7 lb. turkey breast in a 350-degree F oven for about 2 - 2 1/2 hours. A good rule of thumb is to roast a bone-in turkey breast in a **350-degree F oven for 20 minutes per pound**. For example, a 5 pound turkey breast will take just one hour and 40 minutes to cook.

What temp should turkey breast be cooked to?

You know that your turkey is done when an instant-read thermometer registers **165 degrees F when inserted into the thickest and meatiest areas of the breast**. If the skin is getting too dark, cover the breast loosely with aluminum foil. When the turkey is done, cover with foil and allow it to rest at room temperature for 15 minutes. Slice and serve with the pan juices spooned over the turkey.

COOK'S TIPS:

- If you're using a frozen turkey breast, make sure to **give the meat plenty of time to thaw** in the refrigerator. One (or even two) days will not be enough!
- **Line your roasting pan with aluminum foil** for quick and easy cleanup! It's not fun to scrub caramelized maple glaze off of the bottom of a dish...
- If the skin is getting too dark while the turkey finishes cooking, **cover the breast loosely with aluminum foil**.
- Give the **meat time to "rest"** after you pull it out of the oven (before slicing). This will keep the meat nice and juicy!
- **Don't wait until the holidays** to enjoy this recipe. An oven roasted turkey breast makes a great Sunday supper -- and you can **enjoy the leftovers** in sandwiches all week long!

Nutrition Facts

Easy Maple-Glazed Roasted Turkey Breast

Amount Per Serving (1 /8 of the recipe)

Calories 269.4 Calories from Fat 109

% Daily Value*

Fat 12.1g **19%**

Saturated Fat 7.5g **47%**

Polyunsaturated Fat 0.6g

Monounsaturated Fat 3.1g

Cholesterol 103.2mg **34%**

Sodium 128.2mg **6%**

Potassium 257.4mg **7%**

Carbohydrates 13.3g **4%**

Sugar 13.3g **15%**

Protein 26.3g **53%**

* Percent Daily Values are based on a 2000 calorie diet.