

Honey-Glazed Turkey Breast with Roasted Pineapple

Prepare yourself for a whole new turkey taste! An exciting blend of seasonings and fresh pineapple turns ordinary roast turkey into an extraordinary meal.

- 1 bone-in whole turkey breast (4 1/2 to 5 pounds), thawed
- 1 3-pound pineapple
- 1/2 cup dry white wine or apple juice
- 2 tablespoons honey
- 2 tablespoons soy sauce
- 1 teaspoon finely chopped gingerroot or 1/2 teaspoon ground ginger
- 1 large clove garlic, finely chopped
- 2 teaspoons cornstarch
- 2 tablespoons cold water

1. Heat oven to 325°F. Place turkey breast, skin side up, on rack in shallow roasting pan. Insert meat thermometer so tip is in thickest part of meat and does not touch bone. Roast uncovered 1 hour.
2. Cut rind from pineapple. Cut pineapple lengthwise in half; cut out core. Cut each half crosswise into 8 slices. Mix wine, honey, soy sauce, gingerroot and garlic. Arrange pineapple on rack around turkey. Brush turkey and pineapple with wine mixture. Roast uncovered about 1 hour longer, brushing turkey and pineapple frequently with wine mixture, until thermometer reads 170 °F and juice is no longer pink when center of turkey is cut. Remove turkey and pineapple from pan; keep warm. Discard any remaining wine mixture.
3. Pour pan drippings into measuring cup; skim off any excess fat. Add enough water to drippings to measure 1 cup. Heat drippings to boiling in 1-quart saucepan. Mix cornstarch and cold water; stir into drippings. Boil and stir 1 minute. Serve with turkey.

Per Serving: Calories 185 (Calories from Fat 65); Total Fat 7 g (Saturated Fat 2 g); Cholesterol 65 mg; Sodium 170 mg; Total Carbohydrate 7 g (Dietary Fiber 0g); Protein 24 g
Percent Daily Value*: Vitamin A 0%; Vitamin C 4 %; Calcium 0%, Iron 6 %
Exchanges: 1/2 Fruit; 3 Lean Meat

*Percent Daily Values are based on a 2,000-calorie diet.

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