

CROCK POT TURKEY

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 14 (Serving= 4-5 ounces)

Nutrition (per serving)

Calories: 189

Total Fat: 2 g

Saturated Fat: 0 g

Sodium: 151 mg

Total Carbohydrate: 0 g

Dietary Fiber: 0 g

Protein: 40 g



Ingredients

- 1 – 6-7 pound turkey breast, bone-in (skinless if available), thawed
- 1 Tablespoon extra-virgin olive oil
- 1 teaspoon onion powder
- ½ Tablespoon garlic powder
- 1 teaspoon black pepper
- 1 Tablespoon Italian seasoning or 1 teaspoon each of dried oregano, basil and rosemary
- ½ teaspoon garlic salt

Directions

1. Remove skin if necessary.
2. Coat turkey breast with olive oil.
3. Mix seasonings in small bowl. Using a spoon, evenly coat turkey breast and press into flesh.
4. Place in crockpot and cook on low for 7-8 hours or until it reaches an internal temperature of 165 degrees.