

Maple-Glazed Turkey Breast

with Mashed Potatoes, Green Beans & Maitake Mushrooms

We're making turkey truly special. In this recipe, you'll be basting an all white meat turkey roast with delicious, seasonal maple syrup. In addition to keeping your turkey tender and juicy, it infuses the meat with a slightly sweet smokiness (which you'll taste in the velvety gravy as well). We've also included our twist on the traditional side dish of green beans. You'll prepare them with delicate maitake (also called "hen of the woods") mushrooms. Their earthy flavor puts this classic meal over the top. Chefs, let's celebrate!



Ingredients

- 1 Turkey Breast Roast
- 1 ¼ Pounds Yukon Gold Potatoes
- ½ Cup Low-Fat Milk
- 6 Ounces Green Beans
- 1 Clove Garlic
- 1 Ounce Maitake Mushrooms
- 1 Shallot
- 1 Bunch Thyme

Knick Knacks

- 3 Tablespoons Chicken Demi-Glace
- 2 Tablespoons Butter
- 2 Tablespoons Maple Syrup
- ¼ Cup All-Purpose Flour

Makes 3 Servings

About 700 Calories Per Serving

Cooking Time: 35 to 45 minutes



1



Roast the turkey:

Preheat the oven to 400°F. Drizzle the **turkey** with olive oil; season with salt and pepper on all sides. Place in a stovetop-safe roasting pan. Roast 28 to 30 minutes; remove from the oven and drizzle with some of the **maple syrup**. Roast 5 to 10 minutes, or until golden brown, cooked through and no pink remains inside. Remove from the oven; drizzle with maple syrup again (reserve the rest). Transfer to a plate and tent with aluminum foil. Reserve the pan of drippings.

2



Prepare the ingredients:

While the turkey roasts, wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Trim off the stem ends of the green beans. Cut the mushrooms into large pieces. Peel and medium dice the potatoes; place in a large pot with a **big pinch of salt** and cover with cold water. Peel and mince the shallot and garlic. Pick the thyme leaves off the stems; discard the stems and roughly chop the leaves.

3



Make the mashed potatoes:

While the turkey continues to roast, heat the **pot of potatoes** to boiling on high. Once boiling, reduce the heat to medium-high and cook 17 to 19 minutes, or until tender when pierced with a knife. Drain thoroughly and return to the pot. Add **½ cup of the milk** (you will have extra) and the **butter**. Using a fork or masher, mash the potatoes. Season with salt and pepper to taste. (For creamier potatoes, gradually stir in the remaining milk until the mash reaches your desired consistency.)

4



Cook the mushrooms & green beans:

Once the pot of water is boiling, add the **green beans**. Cook 2 to 3 minutes, or until tender. Drain and rinse under cold water. In a medium pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **mushrooms**; cook 2 to 4 minutes, or until browned. Season with salt and pepper. Add the **thyme, shallot, garlic** and 1 teaspoon of olive oil. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **drained green beans**; cook 1 to 2 minutes, or until heated through. Season with salt and pepper to taste. Turn off the heat and loosely cover with foil to keep warm.

5



Make the gravy:

On the stove, heat the **pan of turkey drippings** on medium-high until hot. (If you don't have a stovetop-safe roasting pan, transfer the drippings to a pot.) Slowly whisk in the **flour**. Cook 30 seconds to 1 minute, or until golden. Whisk in the **demi-glaze, remaining syrup** and 2 cups of water, scraping up any brown bits from the bottom of the pan. Cook, whisking occasionally, 3 to 5 minutes, or until slightly thickened. Season with salt and pepper to taste.

6



Plate your dish:

Transfer the gravy to a serving dish. After resting the turkey for 5 to 10 minutes, carefully cut off and discard the string. Slice the **turkey** on an angle into ¼-inch-thick pieces and divide between 3 plates. Serve with the **mashed potatoes** and **green beans and mushrooms** on the side. Top with the **gravy**. Enjoy!