



Roasted Turkey Breast with Chimichurri, Roasted Yams, and Green Beans Amandine

Dinner

Ingredients (Serves 4)

- 1 half turkey breast (approx. 2 lbs. on bone if possible) —
- olive oil — — — —
- liquid aminos — —
- 2 large yams —
- 12-16 oz French green beans ("haricot verts") substitute regular green beans if needed —
- 2 Tbsp sliced raw almonds —
- 1 tsp. garlic —
- 1 bunch cilantro —
- 1 bunch parsley —
- 1 bunch green onions —
- 2 lemons —



Cooking Instructions

Turkey —

1. Heat oven to 425 F (400 on convection setting if your oven has one).
2. Remove and pat turkey dry with paper towels on a sheet pan lined with parchment.
3. Coat the breast skin-side up with 1 tsp. olive oil.
4. Roast until center reads 165 F on a meat thermometer or juices run clear and there is no pink in the middle when cut into.
5. Once cool enough to handle, cut meat off of the bone and slice.
6. PREP: Pull apart remaining turkey after dinner portion into bite-sized pieces and store for tomorrow's lunch.

Roasted Yams —

1. Peel and medium dice 2 large yams.
2. Place on a sheet pan lined with parchment and toss in 1 tsp. liquid aminos and 1 tsp. olive oil.
3. Roast at 425 F until tender throughout.

Green Beans Amandine —

1. Bring a pot of water to a boil and prepare an ice bath.
2. Once beans are cooked as desired, drop in ice bath to stop cooking.
3. Let beans cool for a couple minutes then strain, dry, and set aside.
4. Once turkey is done and resting out of oven, toast 2 Tbsp. almonds in 1 tsp. olive oil in a small sauté pan
5. Add beans and heat up right before serving

Chimichurri —

1. Mince 1 tsp. garlic, 1 bunch cilantro, and 1 bunch parsley
2. Slice 1 bunch green onions and reserve the whites and greens separately.
3. Place 1-2 Tbsp. of the green onion whites into the garlic and herb mince and mince more until fine
4. PREP: store green onion whites and greens for Saturday's cook.
5. Place herbs, garlic, and onions in a small mixing bowl and add the zest and juice of 2 lemons, ½ C olive oil, and 1 tsp. liquid aminos
6. Mix well.

