

# Roast Turkey with Fruit Stuffing

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*This recipe is a guide for making stuffing. You can vary the vegetables and fruit, based on what you have on hand. I like my stuffing inside the bird - one less dish to go into the oven or think about. This recipe is enough to stuff a 12-15 pound turkey. Feel free to substitute whatever bread or bread cubes you have available, including from a package. If you are using a frozen turkey, make sure to defrost it in the refrigerator for 3 days in advance of the big day.*

12-15 pound	turkey	1 cup	pecans, chopped
3 Tablespoons	canola oil	1 Tablespoon	fresh thyme Leaves
½ medium	onion, diced	1 Tablespoon	fresh sage leaves
3 ribs	celery, diced	2 Tablespoons	parsley chopped
1	green bell pepper seeded and diced	1 pinch	salt & pepper to taste
2 medium	apples, cored and diced	12 ounces	seasoned corn bread
1 cup	raisins, dried cherries and/or cranberries	3 slices	wheat bread, cubed
		2 cups	chicken stock + more for basting

- 1 Preheat oven to 325° or 300° in a convection oven. On medium heat, pour canola oil in skillet and then add onion. Cook onions a few minutes or until they begin to wilt. Add celery, green pepper and apples. Cook another 5-10 minutes or until the ingredients become limp. Add the thyme, sage and parsley, salt and pepper and remove from heat.
- 2 If your pan is large enough, add the pecans, dried fruit, stuffing and bread cubes and stir or put all ingredients in a large bowl. Stir in chicken stock and get ready to stuff your bird.
- 3 Salt and pepper the turkey all over inside the cavities and on the outside of the bird. Carefully season between the skin and meat on the breast and sides next to the thighs. I probably use more than 1 Tablespoon or more of salt and 1 teaspoon of pepper. Use more if needed to coat all locations. This will make the bird taste better and stay moist.
- 4 Loosely stuff the stuffing into both cavities - the front and the neck opening. You can compact the stuffing slightly into the corners. Pile up any extra stuffing between the legs. The neck opening needs to be closed shut with the flap and with small metal turkey skewers.
- 5 Roast the turkey at 325° or 300° in a convection oven. A 12-15 pound turkey should roast in about 3 hours in a convection oven or until it reaches an internal temperature of 160°. Place an instant read thermometer in between the breast and the thigh. It will take about 10% longer in a conventional oven and it will take longer for a larger turkey. Baste the turkey occasionally (like once every 45 minutes) with home made turkey stock from the giblets.

Servings: 12

Preparation Time: 1 hour

Cooking Time: 3 hours

Total Time: 4 hours

Oven Temperature: 325°F

## Nutrition Facts

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Nutrition (per serving): 617 calories, 188 calories from fat, 21.4g total fat, 144.8mg cholesterol, 622.4mg sodium, 909.9mg potassium, 43g carbohydrates, 7.1g fiber, 14g sugar, 61.8g protein.

## Source

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