



Grilled Lemon-Garlic Turkey



Gobble, gobble! It's a hearty feast appropriate to serve year-round.

1 cup Progresso® chicken broth (from 32-oz carton)

¼ cup olive or vegetable oil

2 tablespoons lemon juice

¼ cup chopped fresh basil leaves

¼ cup chopped fresh parsley or cilantro

½ teaspoon salt

¼ teaspoon pepper

2 cloves garlic, finely chopped

1 whole turkey (12 lb), thawed if frozen

2 tablespoons Cajun seasoning

1. To make marinade, in blender, place all ingredients except turkey and Cajun seasoning. Cover and blend until smooth. Using meat injector, fill injector container to 1-ounce line. Inject marinade into turkey breasts, thighs and legs, every 1 to 2 inches, pushing plunger down slowly. Refill container and continue to inject turkey until marinade is used. (Or pour marinade over turkey in large glass dish.)
2. Sprinkle Cajun seasoning inside cavity and over outside of turkey. Fasten neck skin to back with skewer. Fold wings across back with tips touching. Tuck drumsticks under band of skin at tail. Cover and refrigerate at least 8 hours but no longer than 24 hours.
3. If using charcoal grill, place drip pan directly under grilling area, and arrange coals around edge of firebox. Heat coals or gas grill for indirect heat.
4. Insert barbecue meat thermometer in turkey so tip is in thickest part of inside thigh muscle and does not touch bone.
5. Place turkey, breast side up, over drip pan or over unheated side of gas grill and 4 to 6 inches from medium heat. Cover and grill 3 to 4 hours or until thermometer reads 180°F and legs move easily when lifted or twisted. Let stand 15 minutes before carving.

Makes 12 servings

Nutrition Information:

1 Serving (1 Serving) Calories 415 (Calories from Fat 190), Total Fat 21 g (Saturated Fat 6 g, Cholesterol 155 mg; Sodium 310 mg; Total Carbohydrate 1 g (Dietary Fiber 0g, Protein 56 g; Percent Daily Value*: Calcium :Exchanges: 8 Lean Meat; *Percent Daily Values are based on a 2,000 calorie diet.