

# TISCHLER'S MARKET

## Meat | Seafood | Deli

*Choice & Prime Steaks, No Growth Hormones, No Antibiotics*

### ROAST TURKEY BREAST

1. Pre-heat oven to 325°F
2. Remove turkey breast from packaging, rinse with cold water, and pat dry with paper towels
3. Rub breast with oil or cooking spray, then season with desired seasonings
4. Roast breast until internal temperature reaches 165°F \*Refer to chart below
5. Remove breast from oven and let it rest for 10-15 minutes before slicing

**NOTE:** Roasting times are approximate and internal temperature should be measured with a properly placed meat thermometer (not touching the bone)

<b>Approximate Weight</b>	<b>Estimated Cook Time</b>
4-6 lbs.	1.5-2.25 hours
6-8 lbs.	2.25-3.25 hours
8-10 lbs.	3.25-3.5 hours
10-12 lbs.	3.5-4.25 hours

15412 S. Route 59, Plainfield, IL 60544  
(815)267-3146  
tischlersmarket.com