

If you are cooking for thanksgiving and do not know what to do with the whole turkey, don't panic. Turkeys are perfect, especially a butterball turkey breast. It is ideal for sometimes and less cumbersome in preparation compared to the large-sized ones, though great for groups.

You may get shocked how you can prepare a tasty and moist turkey breast to the surprise of all the members of the family.

Let's get started!

## **Why Roast a Butterball Turkey Breast?**

Roasting a Butterball turkey breast is a smart choice for many reasons. It's a fantastic way to enjoy the delicious taste of a traditional Thanksgiving turkey without dealing with a whole bird. Compared to a full turkey, a turkey breast is quicker and easier to cook, carve, and serve. This is especially true for boneless cuts.

A single, large Butterball turkey breast can feed up to ten people. That's a complete meal for a big group, all cooked in one pan. To figure out the right size breast for your crowd, follow these tips. For a boneless turkey breast, plan on three-quarters of a pound per person.

So, for ten people, you'll need a 7.5-pound breast. If you prefer a bone-in breast, aim for one and a quarter pounds per person. That comes out to 12.5 pounds for ten people.

There is no better choice for a food as it is a versatile meat especially the turkey breast. Of course, depending on your personal preference, you can try a vast number of variations with spices and seasonings. Some suggestions include using rosemary, thyme, poultry seasoning, garlic, sage and onion powder to give your turkey a homemade dry marinade. You can also put in vegetables such as onions, parsnips, carrots, butternut squash or shallots on the roasting pan for an enhanced flavor.

Apart from taste, turkey breast is also nutritious and a dish made from it is as follows: It contains plenty of protein - a serving of about eighty grams supplies twenty-six grams of protein and two grams of fat. Another advantage is the fact that it has richer nutrients like niacin, phosphorus, and zinc.

## Tips for Roasting Turkey Breast

Now, let me give you some pro tips that will help you to cook perfect turkey breast:

- **Brine your turkey:** Soaking the turkey in a saltwater solution before cooking, called brining, adds moisture and flavor. It takes planning since you need to start the day before, but it's worth it for a juicier turkey.
- **Use a meat thermometer:** Instead of relying on cooking times, use a meat thermometer for accuracy. The turkey is done when it reaches 165°F or 74°C. Insert the thermometer into the thickest part of the breast, away from the bone.
- **Cook skin side up:** This ensures crispy, flavorful skin. Of course, this doesn't matter if you're using a skinless turkey breast.

So, let's move forward to the perfect recipe.

## How to Cook a Juicy Butterball Turkey Breast

This recipe will show you how to bake it in the oven. You can use our easy brine or a dry rub for extra flavor.

### What You'll Need

#### Equipment:

- Baking sheet

#### Ingredients:

- 2 turkey breasts, with bone and skin, thawed (brined overnight or use dry rub)
- 1.5 tablespoons olive oil or 2 tablespoons butter

#### Choose One:

- Simple brine recipe (see below)
- Turkey dry rub (see below)

## Let's Get Cooking!

1. **Prep the Turkey:** Your turkey tastes best after brining it overnight. If you did this, you don't need any more seasonings. But if you prefer, you can use our turkey dry rub instead. Don't use both - pick one.
2. **Get the Oven Ready:** Heat your oven to 325°F. Put some non-stick foil on a baking sheet. Place the turkey breasts on the sheet and put a pat of butter on each or drizzle with olive oil. Cover the breasts tightly with non-stick foil.
3. **Bake the Turkey:** Cook the turkey for an hour and a half until the thickest part reaches 160°F. Then, uncover the breasts. Change the oven setting to broil. Drizzle the rest of the olive oil or butter on top of each breast. If you didn't use a brine or dry rub, sprinkle your favorite seasonings now.
4. **Crisp Up the Skin:** Broil the turkey for another 3-4 minutes until the skin turns golden brown. Take the pan out of the oven and cover it with foil to keep the turkey warm for 10 minutes. After that, you can slice and serve it.

## Butterball Turkey Breast Nutrition Facts

*This information describes one serving of Butterball turkey breast. Each serving contains 609 calories. Of those calories, 12 grams come from fat. Five grams of the fat are saturated fat, and there is no trans fat. The serving also has 284 milligrams of cholesterol and 512 milligrams of sodium.*

*If you look at the carbohydrate content, there are 15 grams total. Of those, 3 grams are fiber and 3 grams are sugar. The majority of the serving, 104 grams, is protein.*

*This must be understood, that nutrition facts on food labels aren't always completely correct.*

## FAQs

### Can I cook turkey breast in the slow cooker?

Yes, it is possible to prepare delicious turkey breast which has been slow cook.

All you have to do is draw the turkeys with seasonings, place them skin side up in the greased slow cooker and add liquid like water or broth.

### **Is it possible to fry a turkey breast in an air fryer?**

The air fryer is simple to use and takes little time to cook turkey breast. However, in my experience, the time required for each call may vary depending on the size of the call and may take approximately 30-40 minutes. To achieve an evenly browned color, you can also baste your turkey with butter or oil prior to cooking.

### **Can I cook a Butterball turkey breast on the grill?**

Yes, grilling a Butterball turkey breast is a great option. Allow 1-1.5 hours or more, depending on the size of your turkey.

## **Last Words**

I'm now confident that you are a master chef when it comes to cooking butterball turkey breasts. Yes! You are.