



Northeast Georgia Medical Center  
BARIATRIC WEIGHT LOSS CENTER

## Air Fryer Turkey Breast

Serves: 15 Serving Size: 3oz cup

### Ingredients:

- 4 lb turkey breast, on the bone with skin, ribs removed
- 1 Tbsp olive oil
- 2 Tsp kosher salt
- 1 Tbsp salt free dry turkey or poultry seasoning

### Steps:

1. Rub 1/2 tablespoon of oil all over the turkey breast. Season both sides with salt and turkey seasoning then rub in the remaining 1/2 tablespoon of oil over the skin side.
2. Preheat the air fryer 350°F and cook skin side down 20 minutes, turn over and cook until the internal temperature is 160°F using an instant-read thermometer about 30 to 40 minutes more depending on the size of your breast. Let it rest 10 minutes before carving.



### Nutrition Facts (per serving):

Calories: 150, Protein: 22g, Fat: 7g, Saturated Fat: 2g, Carbohydrates: 0g, Sugars: 0g, Sodium: 197mg