



## Sheet Pan Thanksgiving Dinner for Two

Yield: 2-4 servings

Adapted from: [www.tastingtable.com](http://www.tastingtable.com)

### For Dressing:

- 2 tablespoons unsalted butter
- ½ small onion, diced
- 1/2 cup diced celery
- ½ loaf whole wheat bread, toasted or left to dry out and cut into 1-inch pieces
- 2 -4 cups chicken broth
- 1 teaspoon unsalted chicken bouillon
- ½ small container sage
- Salt and pepper, to taste

### For Turkey:

- 2 tablespoons unsalted butter, softened
- 1 teaspoon sage
- 1 teaspoon minced thyme
- 2 cloves garlic, minced
- Salt and pepper, to taste
- 1-2lb turkey breast, skin on

### For Sweet Potatoes:

- 1 large sweet potato, sliced to 1/8-inch thick
- 2 tablespoons olive oil
- 1 tablespoon brown sugar
- 1 teaspoon smoked paprika
- 1/8 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper, optional
- Pepper, to taste

### For Green Beans:

- 12 oz fresh green beans, trimmed
- 2 tablespoons olive oil
- 2 cloves garlic, minced

**Directions:**

1. Preheat oven to 350°F and line large baking sheet with aluminum foil. Set aside.
2. In a small saucepan melt butter and cook onion and celery until soft, about 3-5 minutes. In a large bowl combine bread, onion and celery mixture, broth, bouillion and sage and mix well. Add additional broth as needed until mixture is very moist. Spread dressing onto half of sheet pan.
3. In a small bowl combine softened butter, sage, thyme, garlic, salt and pepper. Rub over turkey, including under skin and place turkey in center of dressing.
4. In a medium bowl combine sweet potatoes, olive oil, brown sugar, smoked paprika, garlic powder, cayenne pepper, salt and pepper. Place on one quarter of sheet pan. Place pan into oven and bake 30 minutes.
5. In medium bowl combine green beans, olive oil and garlic. Remove sheet pan from oven and place green beans on open quarter of sheet pan. Return to oven and cook additional 20-30 minutes or until internal temperature of turkey breast is 155°F.
6. Remove from oven and cover with aluminum foil and allow turkey to rest for 15-minutes. Turkey will continue to cook with final internal temperature of 165°F. Carve turkey and serve.

**Nutrition information:**

Serving size: ¼ of recipe

Calories: 379

Fat: 12g

Sodium: 174mg

Carbohydrates: 9g

Fiber: 2g

Sugar: 3g

Protein: 58g