

## Marinated Grilled Turkey

- 1 turkey breast, on the bone
- 1 turkey thigh and drumstick (total 2½ to 3 lbs, 6 servings)

## Turkey Marinade

- 4 T ginger, minced
- 2 cloves garlic, minced
- 2 T soy sauce, low sodium
- 2 T balsamic vinegar
- 2 T seasoned rice wine vinegar
- 2 T honey
- 1 t Tabasco

Mix marinade ingredients. You can choose to cook **on the BBQ** or **in the oven:**

**Cook on the Barbeque:** If grilling on the BBQ, reserve about **one-third of the marinade** to use for basting. Marinate the turkey in a shallow, covered casserole, in the refrigerator, in **two-thirds of the marinade**, for 8 hours. Grill on medium high. Baste turkey with reserved marinade. Cook flipping once or twice until meat thermometer reaches 165F. Let turkey rest for 10 minutes before slicing against the grain.

or

**Roast in the oven:** If cooking in the oven, add turkey to all the marinade in a shallow casserole. Marinate covered in the refrigerator for 8 hours. Roast turkey at 420F in the same shallow casserole with all the marinade. Cook

bone side up flipping once and basting with the marinade that has thickened on the bottom of the casserole. After 15 minutes, turn the oven down to 380F, and continue cooking until meat thermometer reaches 165F. If skin begins to burn, cover with a loose tinfoil tent. Let turkey rest for 10 minutes before slicing against the grain.

### **Roasted Pepper, Onion and Mushrooms**

- 2 onions, cut into thin wedges
- 3 coloured bell peppers
- 10 mushrooms
- 1 T olive oil
- 1/4 t dried thyme
- sea salt
- freshly ground pepper

Combine olive oil with salt, pepper and thyme. Brush onion and mushrooms with oil mixture. Roast for about 30 minutes until softened and lightly charred. Remove stem, peel and seeds from peppers. Arrange vegetables on a platter.