Healthiest Way to Cook a Turkey

Turkey on its own is not a fattening main course for Thanksgiving, but there are some cooking methods that definitely reduce the overall health of the bird. Here are some tips for cooking a turkey the healthy way.

**Roasting the Turkey**

One of the easiest and healthiest ways to cook a turkey is by roasting it. This is probably the most popular way to cook a Thanksgiving turkey, and for good reason. When you roast it, you are cooking it slowly from the inside out, where the turkey has plenty of time to sit in its juices and get lots of flavor. You can choose to stuff it or not, though this also helps you to flavor your stuffing. Rub the outside of the turkey with some lemon juice and seasonings, such as salt, pepper, garlic salt, and other seasonings you want to use. A shallow roasting pan is best when you are roasting a turkey. The average cooking time is about 15 minutes per pound of turkey.

**Using a Slow Cooker**

Another method is to use your slow cooker, though you need to be extra careful when using this method. While this is a good method for having a healthy turkey, it really only works for smaller turkeys and larger slow cookers. You need the turkey to have enough room inside where it can cook fully, so if it fills up nearly the entire slow cooker, it is too large or the slow cooker is too small. If you try a slow cooker, make sure you pay close attention to the time of how long it can take.

**Unhealthy Ways to Cook a Turkey**

On the other hand, there are some other cooking methods for a turkey, but these are not considered healthy methods. Perhaps the least healthy cooking method is to deep fry a turkey. You might like the crispiness and flavor of the turkey when frying it in peanut oil, but you will be increasing the fat and calories quite a bit since it is soaking in oil. Another unhealthy way to cook a turkey is to wrap the turkey in bacon before roasting it. Some people like to stuff a turkey with other birds that are smaller and fit inside the turkey, but this is also an unhealthy way to cook it and can get complicated when making sure both birds are cooked properly and all the way through.