



Give Them More
— of the —
Good Stuff!

Turkey Basics

Shop and Save

- ✿ Turkey is available all year: whole, cut into pieces, ground or deli meat.
- ✿ Watch for sale prices on turkey, especially in November. Stock up if you can cook or freeze within a few days.
- ✿ Ground turkey with a lower percentage of fat costs more per pound but once cooked creates more meat to eat.
- ✿ Look for a “Use or Freeze by” date on packages of fresh turkey as a guide to using while best quality. Frozen turkey may also have a “USE by” date.

Turkey provides lean protein and less saturated fat than most other meats.



3 Ways to Thaw Turkey Safely

1 Refrigerator: Safest method. Allow 24 hours per pound for ground turkey or individual pieces OR 24 hours for every 5 pounds of whole turkey. Once thawed, cook within 2 to 3 days. Meat thawed in the refrigerator can be re-frozen without cooking although there may be some loss of quality.

2 Cold water: Safe when water stays cold and covers the package completely. Allow 1 hour for the first pound plus 30 minutes for each additional pound. Once thawed, cook right away.

- Use a waterproof bag to keep water from touching the meat.
- Submerge it in cold tap water. Change the water every 30 minutes to speed thawing. Never use hot water.

3 Microwave: Safe if the meat is cooked immediately after thawing. Use the defrost setting. Be sure the meat can rotate freely within the microwave.

Store Well Waste Less

- Keep fresh turkey cold in the refrigerator. Check for a date on the package or use within 3 days after purchase. Freeze for longer storage.
- Keep frozen turkey in the freezer until ready to thaw.
- Refrigerate turkey deli meat and use within 5 days of purchase or

opening. Freeze for longer storage and use within 2 to 3 months.

- Refrigerate cooked turkey within 2 hours of cooking. Divide into shallow covered dishes so it cools quickly. Use within 4 days or freeze and use within 2 to 3 months.



*Cook all poultry
to 165 degrees F.*

Enjoy Turkey!

Asian Turkey Lettuce Wraps

Ingredients:

- 3 Tablespoons reduced-sodium **soy sauce**
- 3 teaspoons **sugar**, granulated or brown
- 2 teaspoons **sesame oil**
- 1 teaspoon **hot sauce**
- $\frac{3}{4}$ pound lean **ground turkey** (15% fat or less)
- 2 stalks **celery**, sliced
- 2 medium **carrots**, shredded
- 1 Tablespoon minced **ginger root** or $\frac{3}{4}$ teaspoon **ground ginger**
- $\frac{1}{4}$ teaspoon **garlic powder** or 1 clove **garlic**, minced
- 1 can (8 ounces) **water chestnuts**, drained and chopped
- 2 cups cooked **brown rice**
- 8 large **lettuce** leaves

Directions:

1. In a small bowl, blend the soy sauce, sugar, sesame oil and hot sauce.
2. In a large skillet, sauté turkey, celery and carrot until the turkey begins to brown, 10 minutes. Break turkey into crumbles as it cooks.
3. Add ginger and garlic. Cook 2 minutes.
4. Stir in soy sauce mixture and water chestnuts. Cook 2 minutes longer.
5. Stir in cooked rice. Heat through.
6. Serve in lettuce leaves.
7. Refrigerate leftovers within 2 hours.

Makes 8 lettuce wraps (6 cups filling)

Prep time: 20 minutes

Cook time: 15 to 20 minutes

Visit
FoodHero.org
for easy, tasty
recipes using
turkey.

Turkey Cranberry Quesadilla

Ingredients for 1 quesadilla:

- 2 Tablespoons shredded **mozzarella cheese**
- 1 (8 inch) **tortilla**
- 2 Tablespoons **dried cranberries** or **cranberry sauce**
- 2 Tablespoons **cooked turkey**, chopped or shredded
- $\frac{1}{3}$ cup fresh **spinach**

Directions:

1. Sprinkle shredded cheese evenly over half of the tortilla. Add dried cranberries or sauce, turkey and spinach. Fold the tortilla in half over the filling.
2. Heat a skillet over medium heat. Lightly spray with cooking spray. Place tortilla in skillet. Cover and cook for 2 to 3 minutes on each side or until the outside is golden brown and the contents are heated through.
3. Refrigerate leftovers within 2 hours.

Makes 1 quesadilla

Prep time: 5 to 7 minutes

Cook time: 4 to 6 minutes



Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- wash vegetables under cool running water.
- sprinkle ingredients on a tortilla for a quesadilla.
- measure spices and other ingredients.