

COMMODITY FOODS

TURKEY, FROZEN



Storage

- ◆ Store frozen turkey in the freezer.
- ◆ For best quality, use frozen turkey within 6 months.
- ◆ After cooking, remove meat from the bones and store in a covered container in the refrigerator. Use within 3-4 days.

Cooking

- ◆ Thaw frozen turkey in the refrigerator; 1 to 3 days depending on size.
- ◆ **Do not rinse turkey.** This may spread bacteria to other foods and surfaces.
- ◆ Cook within 24 hours once thawed. Cook thoroughly using a thermometer to test the doneness. Insert thermometer into thickest part of turkey meat. When thermometer reads 165°F in the innermost part of the thigh and in the center of a turkey breast roast, it is ready to eat.

Uses & Tips

- ◆ Use leftover turkey to make soup, sandwiches or casseroles.
- ◆ Cut-up thawed turkey and cook in oven or skillet pan on the stove.
- ◆ Trim away the skin before eating the meat.

Turkey-Potato Salad Serves 2.

3/4 cup turkey, cooked and diced
1/4 cup celery, chopped
1 cup potato, peeled, diced, and cooked
1 tbsp. onion, chopped
2 tbsp. green pepper, chopped
2 tbsp. salad dressing, mayonnaise-type
1/4 tsp. prepared mustard
1/8 tsp. salt

1. Mix turkey, celery, potato, onion and green pepper.
2. Mix salad dressing, mustard and salt.
3. Stir lightly into turkey mixture. Chill until well cooled.

NUTRITION FACTS (per serving) - Calories 250 ~ fat 14 g ~ calories from fat 120 ~ sodium 280 mg ~ total carbohydrate 15 g ~ fiber 1 g



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