



Turkey Safety and Tasty Recipes

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UNIVERSITY OF ILLINOIS
EXTENSION

FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

Low-Budget Food Makeovers

- Prepare cheaper cuts of meat, poultry or fish in a sauce (tomato, gravy, canned cream soups, etc) and serve over noodles or rice.
- Add vegetables to sauces (carrots, tomatoes, green peppers, green beans, etc.).
- Mix grains (rice, noodles, pasta) and vegetables together.
- Flavor with herbs, creamed soups, or cheese.
- Garnish with shaved raw vegetables. Ex. Place raw carrot shavings on plates of food or on serving dishes.
- Season food dishes with spices and herbs. Ex. Sprinkle paprika on top of mashed potatoes before serving. Sprinkle oregano on green beans. Add mint to peas.
- Add canned creamed soup to vegetables or meats for added flavor.
- Use a cookie cutter to give your sandwiches fun, festive shapes.
- Use fancy shaped pastas (spirals, wheels, etc.)
- Cut vegetables in a variety of shapes.
- Serve fresh or canned fruit. It adds color and taste to your meal.

Turkey Spanish Rice Serves 2

1/4 cup onion, cut in pieces
1/4 cup green pepper, chopped
2 Tablespoon celery, sliced
1/4 cup rice, uncooked
1/2 teaspoon margarine
8 ounces canned tomatoes (about 1 cup)
2/3 cup chopped cooked turkey
1/4 cup water
1/4 teaspoon chili powder
1/8 teaspoon pepper
1 bay leaf

1. Cook onion, green pepper, celery and rice in margarine in a small saucepan until onion begins to brown, about 4 minutes.
2. Cut large pieces of tomatoes into small pieces.
3. Add tomatoes and remaining ingredients to rice mixture. Bring to a boil.
4. Reduce heat, cover, and cook slowly until rice is tender, about 25 minutes.
5. Stir as needed to prevent sticking. Remove bay leaf before serving.

NUTRITION FACTS (per serving) - Calories 220 ~ fat 3 g ~ calories from fat 25 ~ sodium 200 mg ~ total carbohydrate 29 ~ fiber 3 g

Turkey-Broccoli Casserole

Serves 6

4 ounces (about 3 cups) noodles, uncooked
1 package (10 oz.) frozen chopped broccoli
2 Tablespoon margarine
2 Tablespoon flour
1/2 teaspoon salt
1/4 teaspoon dry mustard
1/8 teaspoon pepper
2 cups milk
1 cup shredded low fat cheddar cheese
3 cups chopped cooked turkey

1. Cook noodles and broccoli as directed on packages, drain.
2. Melt margarine and stir in flour and seasonings.
3. Add milk slowly; cook, stirring constantly, until thickened.
4. Remove from heat; add cheese and stir until melted.
5. Layer noodles, broccoli and then the turkey in 8 x 8-inch baking dish.
6. Pour cheese sauce over layers.
7. Bake, uncovered, at 350° F for about 25 minutes or until hot and bubbly.

NUTRITION FACTS (per serving) - Calories 300 ~ fat 8 g
~ calories from fat 70 ~ sodium 450 mg ~ total

Thawing the Turkey Safely

The best method for thawing a turkey is in the refrigerator.

Thawing Times

Wt. in lbs.	In the Refrigerator
8 to 12 lbs.	1 to 3 days
12 to 16 lbs.	3 to 4 days
16 to 20 lbs.	4 to 5 days
20 to 24 lbs.	5 to 6 days

Turkey can also be thawed in a microwave oven. Follow the manufacturer's instructions for the turkey size that will fit in the oven, the minutes per pound, and the power level to use for thawing. **A turkey thawed in the microwave should be cooked as soon as it is thawed.**

Never thaw a turkey on the kitchen counter.

After the turkey is thawed, remove the giblets (heart, liver, gizzard) and neck from the body cavity, and be sure to check the neck cavity.

Roasting the Turkey

Stuffing a turkey is not recommended. Cook your stuffing outside the bird in a casserole dish to a safe **minimum** internal temperature of 165 °F.

Oven-roasting—Place the turkey breast-side up on a rack in a roasting pan. Season the bird and cover it loosely with aluminum foil to prevent skin from over cooking. Covering the turkey will keep the turkey moist and prevent messy spattering in the oven.

Roast at 325°F until a **minimum** internal temperature of 165 °F is reached. Measure temperature with a food thermometer. Check the internal temperature in the innermost part of the thigh and the thickest part of the breast. If your turkey has a "pop-up" temperature indicator, it is recommended that you also check the internal temperature with a food thermometer.

REMEMBER! Always wash hands, utensils, the sink, and anything else that comes in contact with raw turkey and its juices with soap and water.

Leftovers

Discard any food left out at room temperature for more than 2 hours (1 hour if the temperature is above 90 °F.)

All leftovers should be refrigerated immediately, in shallow containers, following the meal. Use refrigerated turkey and stuffing within 3-4 days and gravy in 1-2 days. Leftovers may be frozen. Use frozen leftovers within 2-6 months for best quality.

Don't get caught up in overeating during your special holiday celebrations...

- Serve some lower calorie food choices.
- Don't skip breakfast the morning of your special meal.
- Keep portion sizes small, especially when there are many food choices.
- Freeze food gifts and enjoy them later.
- Snack on fruits & vegetables between meals.
- Stay active.

Turkey Fruit Salad (6 servings)

- 1 can (20-ounce) pineapple, pieces
- 2 medium apples
- 3 cups chopped cooked turkey
- 1 carton (8-ounce) vanilla yogurt, nonfat
- 6 cups salad greens

1. Drain pineapple and save juice.
2. Core apple and cut into bite-size pieces.
3. Mix apple with pineapple.
4. Stir in cut-up turkey.
5. Stir 2 tablespoons of pineapple juice into yogurt.
6. Gently stir yogurt into turkey-fruit mixture.
7. Serve immediately on salad greens or chill in the refrigerator until ready to use.

NUTRITION FACTS (per serving) - Calories 230 ~ fat 3 g ~ calories from fat 25 ~ sodium 95 mg ~ total carbohydrate 28 g ~ fiber 3 g

Turkey Mac Dinner (4 servings)

- 1 box of macaroni & cheese mix (5 1/2 ounces)
- 2 cups chopped cooked turkey
- 2 Tablespoons dried onion
- 1 can (16-ounces) tomatoes, drained, chopped

1. Cook macaroni & cheese as directed on package.
2. Add meat, onions, and tomatoes.
3. Heat on medium until heated thoroughly.

NUTRITION FACTS (per serving) - Calories 210 ~ fat 6 g ~ calories from fat 50 ~ sodium 350 mg ~ total carbohydrate 15 g ~ fiber 2 g

Mexican Skillet Meal (4 servings)

2 potatoes, peeled, quartered
1 medium green pepper, chopped
1 medium onion, chopped
1 tablespoon cooking oil
1/2 teaspoon salt and pepper
4 eggs
1/4 cup shredded cheese (optional)
1 cup chopped cooked turkey
1 medium tomato, chopped

1. Boil potatoes until slightly tender, about 10 minutes.
2. Chop potatoes and set aside.
3. In a large skillet sauté green pepper and onion in oil. Season with salt and pepper.
4. Beat eggs, pour into skillet, and scramble.
5. Add chopped potatoes, grated cheese, and cooked meat before eggs are completely done.
6. Heat until cheese is melted and eggs are cooked.
7. Top with chopped tomato.

NUTRITION FACTS (per serving with cheese) - Calories 270 ~ fat 8 g ~ calories from fat 70 ~ sodium 150 mg ~ total carbohydrate 27 g ~ fiber 4 g

Turkey Vegetable Soup (12 servings)

6 cups reduced sodium chicken broth
1 cup diced potatoes
1 cup diced carrots
1 cup chopped onion
1 can (16-ounce) green beans
2 cups chopped cooked turkey

1. Combine broth, vegetables, and turkey in a large saucepan.
2. Simmer 30 minutes.

NUTRITION FACTS (per serving) - Calories 70 ~ fat 1 g ~ calories from fat 5 ~ sodium 420 mg ~ total carbohydrate 6 g ~ fiber 1 g

Turkey Pie (4 servings)

1-1/2 cups chopped cooked turkey
1/4 cup diced celery
2 Tablespoons minced onion
3/4 cup cooked carrots
1-1/2 cups canned or cooked peas
1-1/2 cups turkey gravy
1 cup seasoned mashed potatoes

1. Place turkey in bottom of deep pie pan or shallow baking dish.
2. Mix together the celery, onions, carrots and peas; put on top of turkey.
3. Pour gravy on top of vegetables. Spoon mashed potatoes around edge of dish.
4. Bake at 425 degrees for 20 minutes or until hot all the way through.

NUTRITION FACTS (per serving) - Calories 230 ~ fat 5 g ~ calories from fat 50 ~ sodium 650 mg ~ total carbohydrate 24 g ~ fiber 4 g

Leftover Turkey Casserole (12 servings)

5-6 cups chopped cooked turkey
2 cups cracker crumbs
3 cups broth
1/2 teaspoon sage (optional)
1 pound uncooked macaroni
1/8 teaspoon pepper
1/2 pound reduced fat cubed Velveeta cheese
3 small onions, finely chopped
2 cans cream of mushroom soup 98% fat free
5 hard-cooked eggs, chopped

1. Combine all ingredients except hard-cooked eggs.
2. Mix very well.
3. Carefully stir in eggs.
4. Pour mixture into greased 9 x 13-inch dish.
5. Bake at 350 degrees for 1 hour.

NUTRITION FACTS (per serving) - Calories 420 ~ fat 10 g ~ calories from fat 90 ~ sodium 1140 mg ~ total carbohydrate 45 g ~ fiber 2 g

Pyramid Tortilla (1 servings)

1/2 teaspoon low fat cream cheese
1 8-inch tortilla
1-ounce thin slice cooked turkey
2 Tablespoon shredded cheese
1/4 cup shredded lettuce
1 Tablespoon raisins or shredded apples or pears

1. Spread low fat cream cheese on tortilla.
2. Layer turkey (or ham), cheese, lettuce and fruit on tortilla.
3. Roll up tortilla and serve.

NUTRITION FACTS (per serving) - Calories 270 ~ fat 9 g ~ calories from fat 80 ~ sodium 740 mg ~ total carbohydrate 35 g ~ fiber 2 g

Turkey Fajitas (4 servings)

8 six-inch flour tortillas
Nonstick spray coating
1 small onion, sliced
2 garlic cloves, minced
1 medium green pepper, bite-sized strips
2 cups chopped cooked turkey
1/3 cup salsa
2 cups shredded lettuce
1/4 cup plain low fat source cream or yogurt

1. Wrap tortillas in foil.
2. Place in a 300 degrees oven for 10 to 12 minutes or until heated through.
3. Meanwhile, spray a large skillet with nonstick spray coating.
4. Add onion and garlic; stir-fry for 2 minutes.
5. Add green pepper, stir-fry for 1 to 2 minutes more or until vegetables are crisp-tender.
6. Add turkey and salsa.
7. Cook and stir until heated through.

To serve:

1. Divide turkey mixture evenly among tortillas.
2. Top with shredded lettuce, then yogurt and any fajita toppings you like (green onions, chopped olives).
3. Roll up tortillas.

NUTRITION FACTS (per serving) - Calories 360 ~ fat 8 g ~ calories from fat 70 ~ sodium 590 mg ~ total carbohydrate 42 g ~ fiber 3 g