

RICE-N-TURKEY CASSEROLE

(Serves 6)

2 cups cooked long-grain rice, white or brown	1 1/2 cups shredded Monterey Jack cheese
2 cups cubed cooked turkey	1/2 cup celery, chopped
2 zucchini, medium size, cut into 1/4" rounds	2 tomatoes, medium size, chopped
	Cooking spray

Topping:	1/2 teaspoon salt
1 cup sour cream	1/4 teaspoon dried oregano
1/3 cup chopped onion	1/4 teaspoon black pepper

Prepare topping by combining sour cream, onion, salt, oregano and pepper. Mix together rice, turkey, zucchini, half of the cheese (3/4 cup), celery and tomatoes in a medium-sized bowl. Lightly spray a two-quart baking dish with cooking spray. Pour mixture into baking dish. Spread topping over mixture. Sprinkle with remaining cheese and bake at 350° F. for 30 minutes.

Cooking Tip: Try substituting 2 cups fresh or frozen broccoli flowerets instead of zucchini.

NUTRIENT CONTENT PER SERVING:
523 calories; 27 g protein; 59 g carbohydrates;
20 g fat; 76 mg cholesterol; 679 mg sodium.

WHITE TURKEY CHILI

(Makes 12 - 1 Cup Servings)

1 tablespoon olive oil	2 cans (11 oz.) White Shoepeg Corn, undrained
1 cup chopped onion	1 can (4 oz.) chopped green chilies
1 cup chopped celery, chopped	4 cups turkey or chicken broth (low-sodium)
4 cups cooked turkey breast	1 teaspoon ground cumin
2 cans (15.5 oz.) Great Northern Beans, drained	

Heat oil in a skillet over medium heat. Add onion and celery, cook and stir 2-3 minutes. Place onion, celery and the rest of the ingredients in a large pot (at least 4-qt.). Stir well. Cover and cook 15-20 minutes over medium heat stirring occasionally until thoroughly heated.

Alternative Cooking Method: Place all ingredients in a crock-pot and cook on low for approximately 6-8 hours.

NUTRIENT CONTENT PER SERVING:
259 calories; 21 g protein; 29 g carbohydrate; 6 g fat;
2 g saturated fat; 37 mg cholesterol; 263 mg sodium.

TURKEY BARBEQUE SANDWICH

(Serves 4)

2 cups cooked turkey, chopped	1/2 cup tomato sauce
1/2 cup catsup	1 tablespoon onion flakes
2 tablespoons Worcestershire sauce	2 tablespoons brown sugar
1 teaspoon mustard	1/4 teaspoon garlic powder
1/4 teaspoon chili powder	1/4 teaspoon red pepper
	4 hamburger buns

Combine all ingredients except buns in a saucepan and bring just to a boil. Reduce heat and simmer until heated throughout. Serve BBQ mixture on toasted hamburger buns.

Cooking tip: To reduce sodium content, use "No Salt Added" catsup.

Alternative Cooking Method: In a medium bowl, combine all ingredients except buns. Transfer to a microwave-safe dish. Cover with lid or waxed paper. Cook for 3-4 minutes on high in your microwave oven until heated throughout. Serve BBQ mixture on toasted hamburger buns.

NUTRIENT CONTENT PER SERVING:
300 calories; 26 g protein; 41 g carbohydrates;
4.5 g fat; 50 mg cholesterol; 900 mg sodium.

TURKEY CRESCENTS

(Serves 4)

8 ounces cream cheese, softened	2 cups cooked turkey, diced
2 tablespoons butter or margarine, softened	1 tablespoon green onion, chopped
1/8 teaspoon pepper	2/3 cup chopped mushrooms
	1 8 oz. can crescent rolls

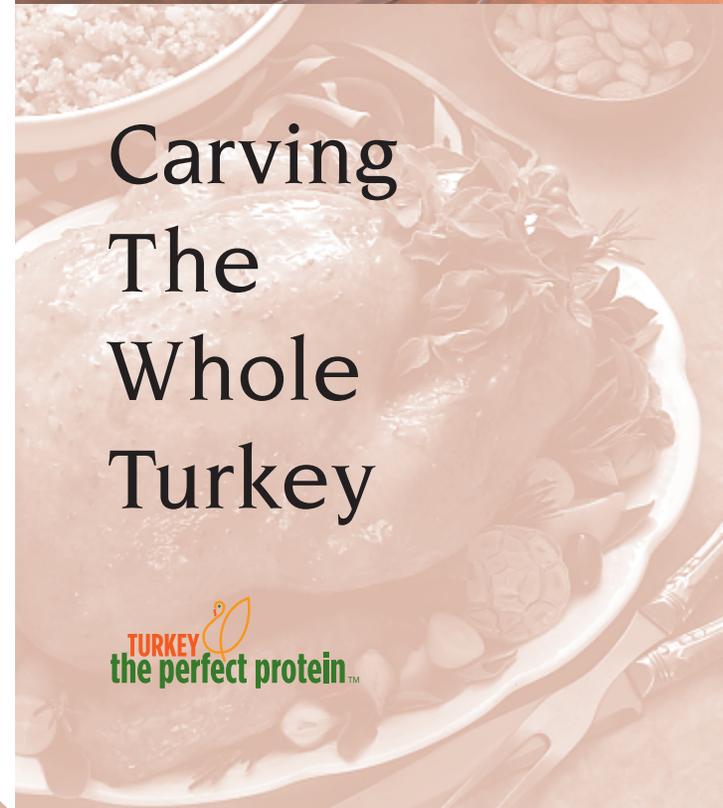
Cream together cheese, softened butter or margarine, and pepper. Add turkey, onions and mushrooms. Separate crescent roll dough to form four rectangles. Divide turkey mixture evenly among four rectangles. Place mixture (about 1/2 cup) on each rectangle. Place on baking sheet and bake 18-20 minutes at 400° F. until golden brown.

Cooking Tip: For best results, use brand name crescent rolls.

NUTRIENT CONTENT PER SERVING:
340 calories; 15 g protein; 16 g carbohydrates;
23 g fat; 75 mg cholesterol; 330 mg sodium.

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Carving The Whole Turkey

TURKEY
the perfect protein™

Tips for carving a turkey

A roasted turkey should never be carved immediately after removing it from the oven or grill. Allow the turkey to rest for approximately 20 minutes to let the juices settle and redistribute throughout the meat. The meat will be very tender, flavorful and easier to carve. Always use a sharp knife when carving.

There are two basic carving methods—the “**traditional method**,” often used for carving at the dining table, or the “**kitchen method**,” which is easier and more practical, to be done in the privacy of your own kitchen.

Food Safety Tips:

- Wash hands, utensils, and cutting boards with hot soapy water before and after handling turkey.
- Debone turkey and refrigerate or freeze all leftovers in shallow containers within 2 hours of cooking.
- Use leftover turkey and stuffing within 3-4 days; gravy within 1-2 days. Cooked turkey keeps for 3-4 months in freezer.
- Reheat foods thoroughly to a temperature of 165° F. or until hot and steaming; bring gravy to a boil before serving.

Carving the dark meat: Traditional and kitchen method

❶ Remove the drumstick and thigh by pulling them away from the body and cutting loose the joint that holds thigh to body.



❷ Place the drumstick and thigh on cutting surface and cut through the connecting joint to separate drumstick and thigh.



❸ To slice the thigh meat, hold the thigh firmly with a fork and then cut slices evenly and parallel to the bone.



❹ Tilt drumstick to convenient angle and slice down toward the cutting surface. Be sure to carefully remove the hard tendons.



Carving the white meat: Traditional method

❶ Hold turkey breast firmly with fork. Place knife parallel and as close to wing as possible. Make a deep, base cut toward ribs.



❷ Slice the breast by carving downward, ending at base cut. Keep the slices thin and even.



Carving the white meat: Kitchen method

❶ Hold turkey breast firmly with fork. Carve each breast lobe away from ribs by cutting along the keel bone and rib cage.



❷ Lay breast lobe flat on the cutting surface. Carve it into thin, even slices across grain of the meat.

