

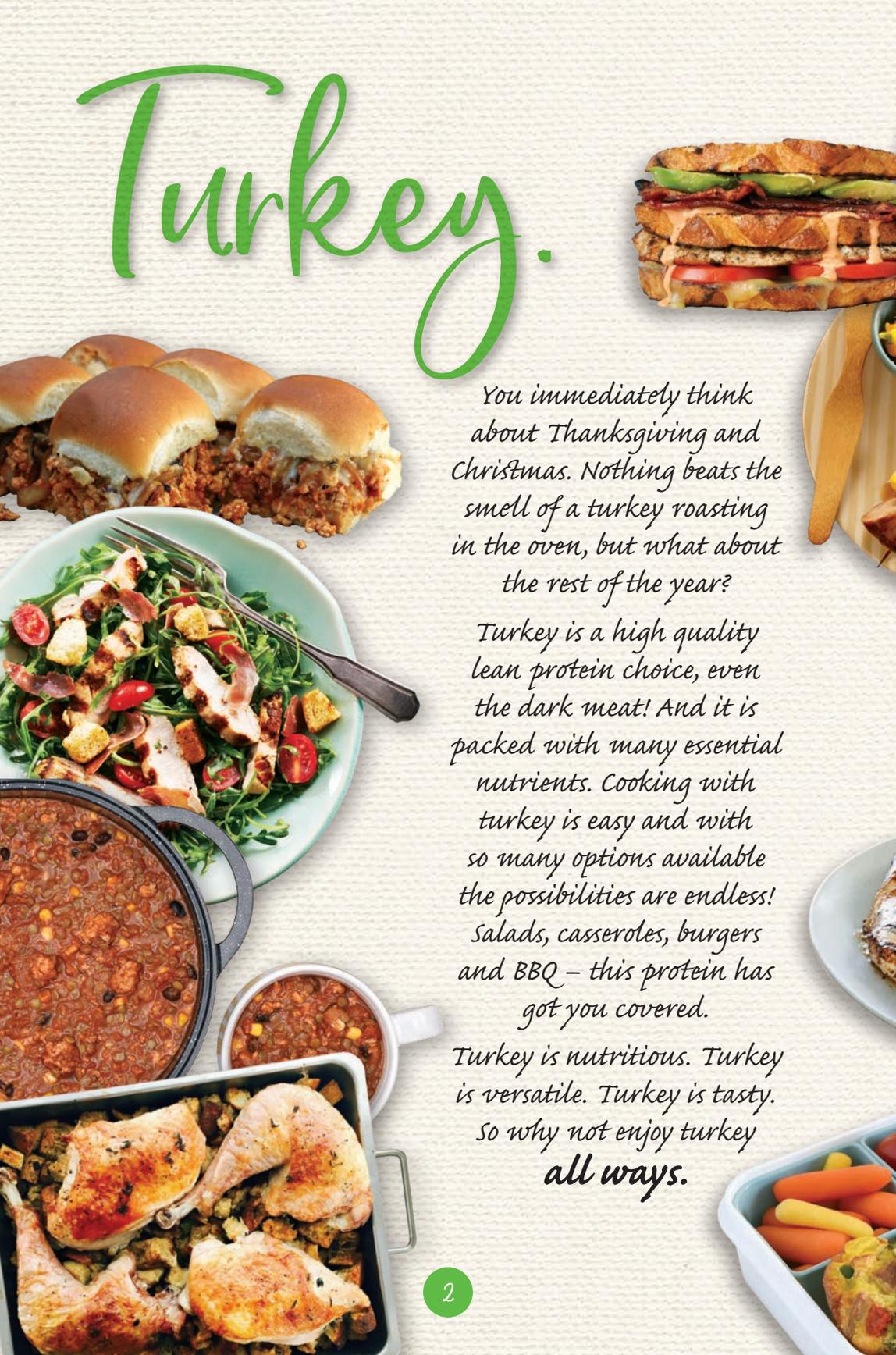
Turkey All Ways



Alberta
TURKEYTM



Turkey.



You immediately think about Thanksgiving and Christmas. Nothing beats the smell of a turkey roasting in the oven, but what about the rest of the year?

Turkey is a high quality lean protein choice, even the dark meat! And it is packed with many essential nutrients. Cooking with turkey is easy and with so many options available the possibilities are endless! Salads, casseroles, burgers and BBQ – this protein has got you covered.

Turkey is nutritious. Turkey is versatile. Turkey is tasty. So why not enjoy turkey all ways.



Did you know?

SIX FAST FACTS ABOUT TURKEY

Each 100-gram serving of turkey has about 30g of high quality protein!

Turkey is rich in iron, vitamin B-12, niacin, zinc, potassium and selenium

Turkeys are fed nutritionally balanced diets of mixed grains and oil seeds, which typically include wheat, corn, barley, soybean meal and canola meal.

Feed and water are always provided in the barn so the turkeys may eat and drink freely.

No added hormones or steroids are used in Canadian turkey production! It's been banned for over 50 years.

The tryptophan in turkey does not make you sleepy! Its most likely caused by overindulgence.

Source: Turkey Farmers of Canada

Turkey Sloppy Joe Sliders

INGREDIENTS:

- 1 lb (454 g) ground turkey
- ½ cup barbecue sauce, or to taste
- 1 large onion, halved and thinly sliced
- 1 pkg small tray buns
(the kind that come attached in 9-12)
- mayonnaise (optional)
- ½-1 cup (125 - 250 mL) grated aged cheddar
or Gouda
- canola oil, for cooking

DIRECTIONS:

1. Preheat the oven to 350°F (180°C).
2. Drizzle some oil into a skillet set over medium-high heat. Cook the turkey, breaking it up with a spoon until it's no longer pink. Add enough barbecue sauce to moisten it – or more if you love it saucy.
3. Transfer the meat to a bowl, add another drizzle of oil and cook the onion until golden.
4. Slice the whole sheet of dinner buns crosswise, opening it up like a book. On the cut buns, spread mayonnaise (or mustard, if that works with your filling) and spread with the meat mixture and onion. Then sprinkle with cheese.
5. Put the top of the buns on top and bake for 10 to 15 minutes, until warmed through and the cheese has melted.

Serves: 9 - 12

Nutritional Information (Per serving):

Calories: 271 | Protein: 31.3 g | Fat: 15 g
Carbohydrates: 1 g



Tex-Mex Turkey Rice Bowl

WITH AVOCADO DRESSING

INGREDIENTS:

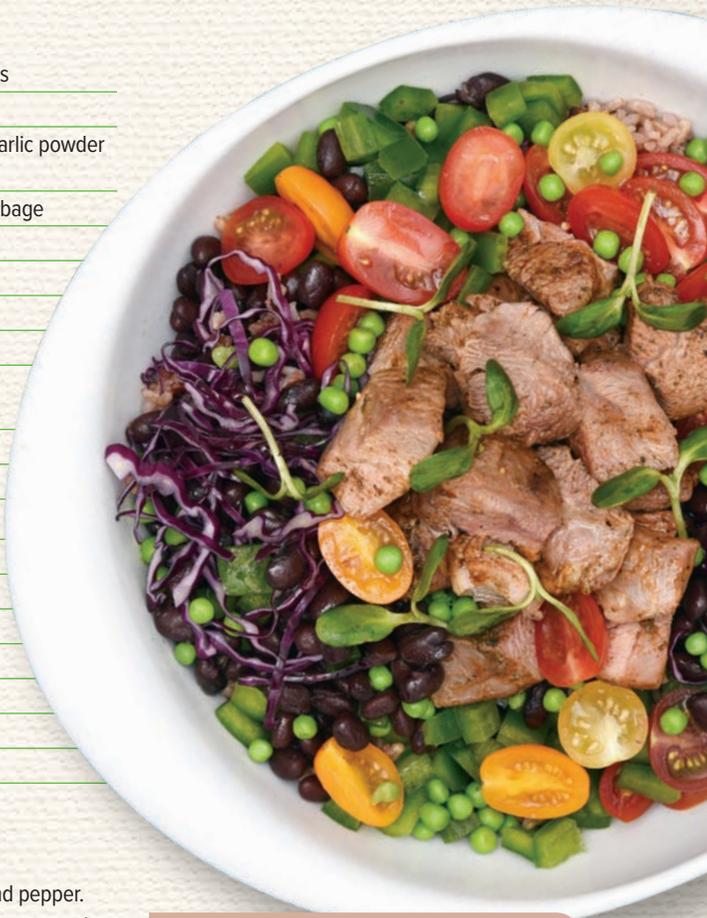
- 1.5 lbs (680 g) boneless Turkey thighs
- Salt and pepper to taste
- ½ tsp (2 mL) each: paprika, cumin, garlic powder and chili powder
- ½ cup (125 mL) shredded purple cabbage
- ½ cup (125 mL) diced green pepper
- 1 cup (250 mL) black beans
- ½ cup (125 mL) frozen peas
- ¼ cup (60 mL) pea shoots (optional)
- ¾ cup (180 mL) cherry tomatoes, halved
- 2 cups (500 mL) cooked brown rice
- 1 lime, cut into wedges

Avocado Dressing:

- ½ cup (125 mL) cilantro
- ½ cup (125 mL) parsley
- ¼ cup (60 mL) green onion
- 1 small or ½ large avocado
- Juice of ½ lime
- 1 tbsp (15 mL) olive oil
- Salt and pepper to taste

DIRECTIONS:

1. Cut turkey into 1-inch chunks.
2. Season turkey pieces with salt and pepper.
3. Combine dry spices together to create a rub. Season turkey generously with spice mix. Sauté in a non-stick frying pan over medium heat, until browned and cooked through, 4-6 minutes per side. Set aside to cool.
4. Cook peas according to package directions.
5. Make dressing: blend all ingredients with a food processor or hand blender.
6. Combine all ingredients in a large bowl.
7. Drizzle with dressing and serve immediately with fresh lime wedges on the side.



Serves: 4

Prep time: 15 mins. | Cook time: 35 mins

Nutritional Information (Per serving):

Calories: 527 | Protein: 41 g | Fat: 21 g

Carbohydrates: 44 g | Sodium: 308 mg

Tip: CUT DOWN ON WEEKNIGHT PREP BY COOKING YOUR TURKEY AND RICE IN ADVANCE. WITH THE MAIN INGREDIENTS ON HAND, YOU CAN HAVE THIS MEAL ON THE DINNER TABLE IN LESS THAN 20 MINUTES.



Apple Cheddar Turkey Burger

INGREDIENTS:

Patty:

1 lb (454 g) Canadian Ground Turkey

2 Scallions, chopped

¼ cup (50 mL) Parsley, chopped

½ tsp (2 mL) Poultry Seasoning

Salt and Pepper to taste

Toppings:

Granny Smith Apple slices

old Cheddar cheese slices

¼ cup (60 mL) whole-berry Cranberry Sauce
mixed with 2 tbsp (30 mL) grainy Mustard

red leaf Lettuce

DIRECTIONS:

1. Combine all patty ingredients. Form into 4-6 patties.
2. Grill on barbeque preheated to 400°F (200°C) with lid closed.
3. Rub grill with oil before cooking to prevent sticking. Don't press on the patty as it cooks, you'll lose all the juices.
4. Using a digital meat thermometer, cook patties until they reach an internal temperature of 165°F (74°C).

Serves: 4 - 6

Nutritional Information (Per serving):
Calories: 271 | Protein: 31.3 g | Fat: 15 g
Carbohydrates: 1 g

BBQ Turkey Club with Spicy Mayo

INGREDIENTS:

Sandwich:

- ½ lb (227 g) turkey breast
- 4 tsp (20 mL) olive oil, divided
- ¼ tsp (1.25 mL) pepper (or to taste)
- 4 thick slices bacon, cooked to preferred doneness
- 3 thick centre-cut slices of sourdough bread
- 2 slices Monterey Jack cheese
- ½ avocado, sliced
- 1 medium tomato, sliced

Spicy Mayo:

- 2 tbsp (30 mL) mayonnaise
- ½ tsp (2 mL) each Sriracha sauce and ketchup
- ½ tsp (2 mL) freshly squeezed lime juice
- Dash Worcestershire sauce

DIRECTIONS:

1. Cook bacon over medium heat until crisp and cooked, 8-12 minutes.
2. Slice the turkey breast into even ¾ inch slices.
3. Brush with 1 tbsp olive oil and season with salt and pepper.
4. Grill over medium heat until cooked through, 4-6 minutes per side.
5. Let cool.
6. Cut three thick slices of sourdough bread from the middle of the loaf, in order to get the largest slices possible.
7. Brush with the rest of the olive oil and grill for 1-2 minutes each side until lightly browned.
8. Add cheese to bread while still on the grill until melted.
9. Assemble sandwich. Slather bread with spicy mayo. Layer on tomato slices, turkey breast, avocado and bacon.
10. Enjoy!

Spicy Mayo:

1. Combine all items and mix thoroughly.

Serves: 2
Prep time: 15 mins. | Cook time: 25 mins

Nutritional Information (Per serving):
Calories: 888 | Protein: 49 g | Fat: 53 g
Carbohydrates: 56 g | Sodium: 1243 mg

EXCELLENT SOURCE OF THIAMINE, RIBOFLAVIN, NIACIN, VITAMIN B12, FOLATE AND SELENIUM. GOOD SOURCE OF VITAMIN A, VITAMIN C, VITAMIN B6, PANTHOTHENATE, MAGNESIUM, IRON AND ZINC.



Deconstructed Turkey & Stuffing

INGREDIENTS:

1 10-15 lb (5-7 kg) fresh turkey (or whatever size you like)

2 tbsp (30 mL) canola oil, for cooking

Butter (lots)

4 celery stalks, chopped (with leaves)

2-3 garlic cloves, crushed

1-1 ½ large crusty loaves of bread, torn or cubed

2 tbsp (30 mL) chopped fresh sage,
or 1 Tbsp (15 mL) dried

Salt and pepper, to taste

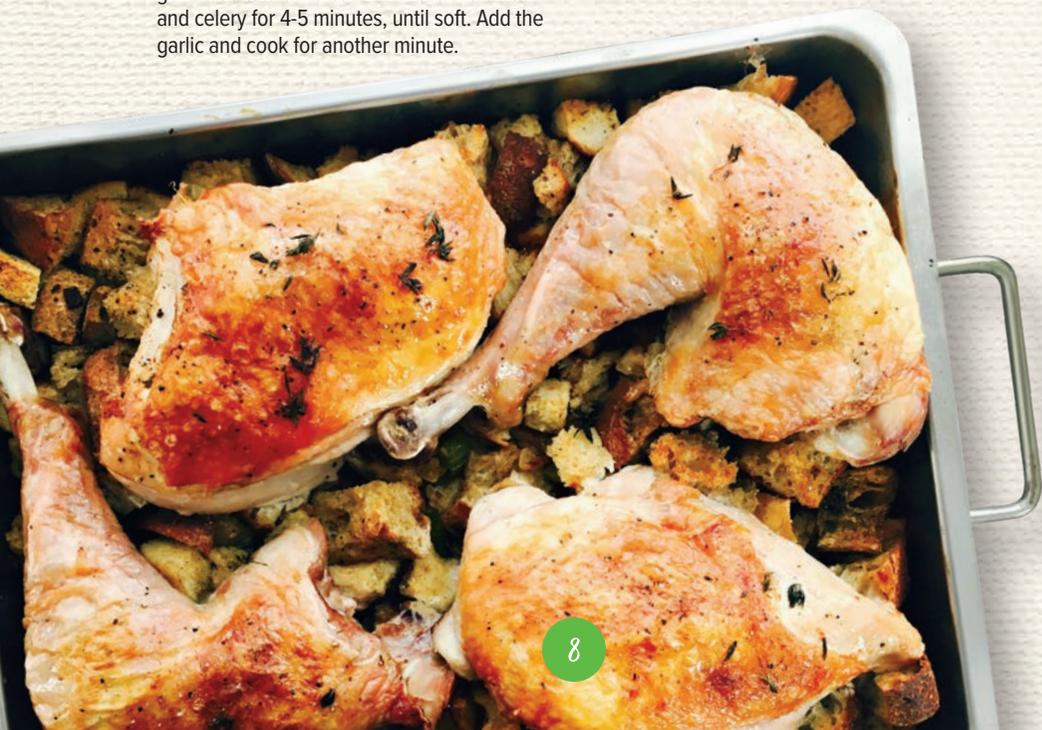
1-2 cups (250-500 mL) chicken or turkey stock

A few sprigs of fresh thyme

DIRECTIONS:

1. Break down your turkey or get your butcher to break it down for you – if you leave the drumsticks and thighs intact, you'll end up with two thigh/drumsticks, two breast pieces and two wings.
2. Preheat the oven to 350°F (180°C). In a large skillet, heat a generous drizzle of oil with a generous dab of butter and sauté the onion and celery for 4-5 minutes, until soft. Add the garlic and cook for another minute.

3. Meanwhile, tear or cube the bread into a large bowl. Add the sautéed veggies along with the sage, season with salt and pepper and toss to coat. Melt about ½ cup butter and drizzle it over the bread, toss again and spread out in a large, shallow roasting pan. Sprinkle over some chicken stock – enough to moisten the bread without making it soggy.
4. Place the turkey spine and wings in an ovenproof skillet, drizzle with a bit of oil if you like, and slide it into the oven. Pat the leg and breast pieces dry with paper towel and rub all over with oil or soft butter. Set on top of the stuffing mixture and sprinkle with salt and pepper. Pull the leaves off a few sprigs of thyme and sprinkle that over too. If you like, tuck a few sprigs into the stuffing as well.
5. Roast for 1 to 1 ½ hours, or until a thermometer inserted into the thickest part of a breast or thigh reads 160°F (72°C) (it will continue to rise in temperature as it rests). Rest for at least 15 minutes before slicing and serving. While it rests, make the gravy; move the bones to a pot for stock, and make the gravy on the stovetop out of the browned bits in the bottom of the pan.





Grab and Go Turkey Muffins

INGREDIENTS:

- 1 ½ lbs (680 g) Canadian turkey thighs
OR 3 cups (700 g) cooked and chopped Canadian turkey meat
- 10 eggs
- ¼ cup (60 mL) milk
- ¼ cup (60 mL) water
- 2 cups (500 mL) packed baby spinach
- 1 cup (250 mL) peas (frozen and defrosted or pre-cooked)
- 1 cup (250 mL) chopped broccoli (frozen and defrosted or pre-cooked)
- 1 cup (250 mL) onion, finely chopped
- 1 cup (250 mL) chopped cherry tomatoes
- 1 tsp (5 mL) olive oil
- Salt and pepper to taste
- Non-stick cooking spray

Tip: BATCH-COOK THESE MUFFINS FOR LUNCHES AND SNACKS ON THE GO AND GRAB AND RUN BREAKFASTS THROUGHOUT THE WEEK.

Serves: 12 pces

Prep time: 15 mins. | Cook time: 25 mins

Nutritional Information (Per serving):

Calories: 199 | Protein: 23 g | Fat: 9 g

Carbohydrates: 5 g | Sodium: 112 mg

DIRECTIONS:

1. Pre-heat oven to 350°F (180°C).
2. Heat oil in a non-stick pan over medium heat.
3. If using cooked turkey, skip to step 5. If using uncooked turkey, slice turkey thighs into 1-inch strips. Season with salt and pepper to taste.
4. Cook over medium heat until cooked through, 5-8 minutes. Remove from pan and set aside to cool. Once cooled, chop into chunks.
5. Add onions to pan. Sauté until translucent, 2-4 minutes.
6. Add broccoli, peas and baby spinach. Cook until warmed through and spinach is wilted, 3-4 minutes. Add salt and pepper to taste.
7. Remove from heat.
8. Whisk eggs together. Add water and milk. Add salt and pepper to taste.
9. Spray a 12-piece (or 2 X 6 piece) non-stick muffin pan generously with non-stick cooking spray.
10. Divide cooked vegetables evenly among muffin cups.
11. Divide cherry tomatoes evenly between each muffin cup.
12. Equally divide egg mixture into each muffin cup leaving ½ cm of space at the top.
13. Bake for 20-25 minutes until eggs are cooked through.
14. Let cool slightly and then remove from muffin tins.
15. Serve warm or at room temperature.



Grilled Citrus Steaks

INGREDIENTS:

- 1 lb (454 g) Turkey Steaks or Fillets
- 2 tbsp (30 mL) each: Orange juice, Lemon juice & Lime juice
- 1 tbsp (15 mL) each: Oil, Honey & chopped Cilantro
- ½ tsp (2 mL) each: Chili Powder & minced Garlic
- ¼ tsp (1 mL) each: Cumin & Pepper
- ½ tsp (2 mL) Salt

DIRECTIONS:

1. In large plastic bag combine orange, lemon and lime juices, oil, honey, cilantro, chili powder, garlic, salt, cumin and pepper. Seal bag and shake to mix well.
2. Add turkey steaks or fillets to marinade, seal bag and refrigerate overnight, turning occasionally.
3. Prepare barbeque for direct heat cooking.
4. Cook approximately 4-6 minutes per side until no longer pink in centre, juices run clear and meat thermometer reaches 170°F (77°C).

Serves: 4

Nutritional Information (Per serving):

Calories: 181 | Protein: 28 g | Fat: 4 g

Carbohydrates: 7 g

Rustic Colombian Turkey Soup

INGREDIENTS:

2 lbs (900 g) turkey parts; any combination of bone-in breast, thighs and wings

1 gallon (4 L) water

1 large onion

3 bay leaves

2 tsp (10 mL) salt

3 ears fresh corn (sliced into coins)
or 1 cup (250 mL) frozen

1½ cups (375 mL) small potatoes

1 cup (250 mL) frozen peas

2 tbsp (30 mL) Guascas (optional)

3 tbsp (45 mL) cilantro

3 tbsp (45 mL) capers

3 tbsp (45 mL) green onions

Crème fraiche (optional)

Salt and pepper to taste

Tip: THIS SOUP FREEZES WELL AND IS A GREAT RECIPE TO MAKE IN ADVANCE. ONCE COOKED AND COOLED, STORE IN THE FREEZER FOR UP TO THREE MONTHS.

DIRECTIONS:

1. Place turkey, water, onion and bay leaves into a large stockpot.
2. Add 1 gallon (4 L) of water. Ensure the water covers the turkey by a few inches, adding more if necessary.
3. Add the onion and the bay leaves.
4. Bring to a boil. Add salt.
5. Lower the heat to a gentle simmer. Cook for a minimum 1 hour up to 2 hours.
6. Remove the turkey.
7. Discard the onion and the bay leaf.
8. Remove the turkey meat from the bones. Break up into large chunks and add back into the stock.
9. Optional: add the Guascas. This is a typical Colombian herb mix that can be found in South American markets.
10. Add the potatoes and gently simmer on low heat until the potatoes are tender, about 25 minutes.
11. Add the corn and cook for an additional 8 minutes.
12. Add the peas, green onions and capers.
13. Garnish the soup with crème fraiche and cilantro. If you don't have crème fraiche on hand, sour cream may be used as a substitute.
14. Traditionally served with avocado and rice on the side.

Serves: 4 – 6

Prep time: 15 mins. | Cook time: 2 hours

Nutritional Information (Per serving):

Calories: 181 | Protein: 28 g | Fat: 4 g
Carbohydrates: 7 g





Serves: 4

Prep time: 15 mins. | Cook time: 25 mins

Nutritional Information (Per serving):

Calories: 181 | Protein: 28 g | Fat: 4 g

Carbohydrates: 7 g

Spring Veggie, Herb Pesto and Turkey Pasta

INGREDIENTS:

300 g penne pasta

1 lb (454 g) turkey breast, cut into 1 inch chunks

Salt and pepper to taste

¾ cup (180 mL) frozen peas

1 bunch asparagus, 12-14 stalks

1 tbsp (15 mL) butter (optional)

For herb pesto:

¼ cup (60 mL) parsley

¼ cup (60 mL) basil

1 tbsp (15 mL) Parmesan cheese

2 tbsp (30 mL) pumpkin seeds

½ garlic clove

Salt and pepper to taste

1 tbsp (5 mL) olive oil

INSTRUCTIONS:

1. Season turkey with salt and pepper. Sauté in a non-stick frying pan over medium heat, until browned and cooked through, 4-6 minutes per side. Set aside.
2. Steam or boil asparagus until cooked through but still a little crisp, 5-7 minutes. Chop roughly.
3. Cook peas according to package instructions.
4. Make pesto: blend all ingredients with a food processor or hand blender. Pesto can be made ahead of time.
5. Cook pasta according to package directions until al dente. Before you drain the pasta, make sure to reserve ½ cup of cooked pasta water.
6. As soon as pasta is drained, toss with butter (if using), ½ cup pasta water, vegetables and pesto sauce. Add additional pasta water if pasta starts to dry out.
7. Serve immediately.

Tip: DOUBLE OR TRIPLE YOUR PESTO RECIPE TO KEEP ON HAND. IT MAKES A GREAT SAUCE TO TOP GRILLED TURKEY, STEAMED VEGGIES OR A SALAD. YOU CAN KEEP IT IN THE FRIDGE FOR UP TO THREE DAYS AFTER YOU MAKE IT OR UP TO THREE MONTHS IN THE FREEZER.

Thai Galloping Horses

INGREDIENTS:

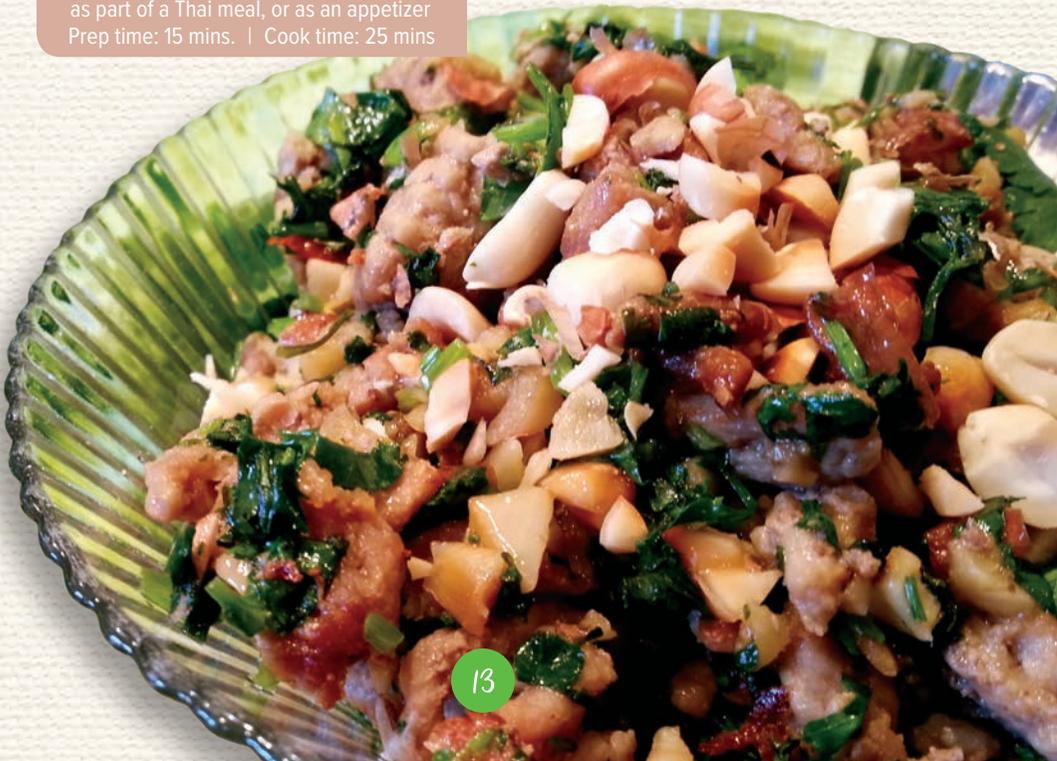
- 1 lb (454 g) ground turkey
- 15 large garlic cloves, minced
- 2 small Thai chili pepper, finely sliced (omit, or to taste)
- 1 to 2 tbsp (15-30 mL) fish sauce (or to taste)
- 1 tbsp (15 mL) palm sugar or brown sugar (or to taste)
- Water, as needed to make it somewhat saucy
- 1 cilantro, bunch, minced - divided in half
- ¼ cup (60 mL) chopped roasted & unsalted peanuts
- Lettuce as a bed or for wraps

Yes, THE RECIPE DOES NEED THAT MUCH GARLIC AND THE CILANTRO MAKES THIS DISH. TRUST ME ~ THIS RECIPE IS A KEEPER!

Serves: 4 – alternatively: 8 to 10
as part of a Thai meal, or as an appetizer
Prep time: 15 mins. | Cook time: 25 mins

INSTRUCTIONS:

1. In a medium fry pan, brown the meat over medium heat until no longer pink.
2. Add the minced garlic and chili pepper (if using) and continue to fry the meat, stirring frequently. Cook until nicely browned, sticking to the pan and getting caramelized – it shouldn't be black and burned, but a rich brown colour.
3. Add ¼ cup of water, 1 tbsp fish sauce, 1 tbsp sugar and half the cilantro, cooking until fragrant and delicious. Reduce the heat and simmer 15 minutes. Keep adding water to keep the mixture moist, but not soupy. Add more fish sauce and sugar needed to get a nice, balanced flavour. It should be just a hint of both.
4. Simmer until the mixture still glistens with a bit of moisture but is no longer wet. Adjust seasoning if needed, stir in the remaining cilantro and most of the peanuts.
5. Spoon into a serving bowl and garnish with remaining peanuts and some cilantro leaves. Serve with lettuce leaves and small lime wedges.



Grilled Turkey & Garlic Lemon Arugula Salad

INGREDIENTS:

2 pkgs (about 300 g each) turkey breast slices or tenders

3 tbsp (45 mL) Dijon mustard

2 tbsp (25 mL) canola oil

3 cloves garlic, minced

½ tsp (2 mL) freshly ground black pepper

6 slices prosciutto

1 container (5 oz/150 g) baby arugula

1 cup (250 mL) grape tomatoes, halved lengthwise

1 cup (250 mL) croutons

Dressing:

⅓ cup (80 mL) light mayonnaise

2 tbsp (25 mL) freshly grated Parmesan cheese

½ tsp (2 mL) grated lemon rind

2 tbsp (25 mL) lemon juice

1 tsp (5 mL) anchovy paste or 1 anchovy, minced

1 small clove garlic, minced

DIRECTIONS:

1. In a large bowl, whisk together mustard, oil, garlic and pepper. Add turkey and toss to coat evenly. Cover and refrigerate for at least 1 hour or up to overnight.
2. Place turkey on greased grill over medium high heat, turning once for about 12 minutes or until no longer pink inside. Remove to cutting board and slice thinly.
3. Place prosciutto on grill turning once for about 3 minutes or until crisp. Remove to plate.

Dressing:

1. In a large bowl, whisk together mayonnaise, Parmesan cheese, lemon rind and juice, anchovy paste and garlic. Add arugula, tomatoes and croutons and toss to coat evenly. Divide among 6 plates and top with turkey and prosciutto.

Serves: 4

Prep time: 15 mins. | Cook time: 15 mins

Nutritional Information (Per serving):

Calories: 271 | Protein: 28 g | Fat: 13 g

Carbohydrates: 10 g | Sodium: 890 mg





Hawaiian Turkey Kabobs

INGREDIENTS:

- 6-8 Italian turkey sausages
- 2 cups (500 mL) fresh golden pineapple chunks
- 6 scallions cut into 2-inch (5 cm) pieces
- 1 medium red bell pepper cut into bite-sized chunks
- 8 bamboo skewers, soaked in water for no less than 30 minutes

Pineapple glaze:

- 1 cup (250 mL) fresh pineapple juice
- 1 clove garlic, finely chopped
- 1 Tbsp (15 mL) soy sauce
- 1 tsp (5 mL) grated fresh ginger
- 1 Tbsp (15 mL) liquid honey
- salt and pepper to taste

Serves: 4 – 6

Prep time: 30 mins

Nutritional Information (Per serving):
Calories: 271 | Protein: 28 g | Fat: 13 g
Carbohydrates: 10 g | Sodium: 890 mg

DIRECTIONS

1. Heat BBQ grill to 400°F (205°C) and cook whole sausages for 6 minutes, or 3 minutes per side.
2. Set aside and prepare remaining ingredients.
3. Cut sausages into bite-sized chunks and thread onto skewers, alternating with peppers, scallions and pineapple chunks.
4. Return to grill and brush with glaze until pineapple and vegetables have grill marks and sausages are cooked through – approximately 4 minutes per side.

Tip: USE SAUSAGE AND TURKEY BREAST PIECES FOR A DIFFERENT TASTE OR JUST TURKEY BREAST PIECES IF PREFERRED

Warm Turkey and Root Vegetable Salad with Goat Cheese Dressing

INGREDIENTS:

For roasted vegetables:

2 beets
12 brussel sprouts
3 carrots
3 parsnips
1 turnip
1 small sweet potato
1 tbsp (15 mL) olive oil
Salt and pepper to taste

For dressing:

½ cup (85 mL) olive oil
½ cup (85 mL) apple cider vinegar
Salt and pepper to taste
2 tbsp (30 mL) chopped parsley
1 package of goat cheese (3 oz / 90 g)

For salad:

1 cup (250 mL) baby arugula
1 cup (250 mL) salad greens
1 ½ cups (375 mL) chopped leftover turkey
⅓ cup (85 mL) chopped toasted walnuts

DIRECTIONS:

1. Set oven to broil.
2. Wash, peel and roughly chop vegetables.
3. Place vegetables on a baking tray. Season with olive oil, salt and pepper.
4. Set oven rack to the middle position. Broil vegetables until browned and cooked through, 15-20 minutes.
5. Remove from oven and set aside to cool.
6. Mix together all dressing ingredients except cheese and whisk together. Break cheese into small chunks and add to dressing.
7. Combine greens, top with roasted vegetables and walnuts.
8. Dress salad and serve.

Tip: DOUBLE THE TURKEY IN THIS RECIPE TO CREATE A MAIN DISH, GREAT FOR LUNCH OR A LIGHT DINNER.

Serves: 4 - 6

Prep time: 25 mins. | Cook time: 20 mins

Nutritional Information (Per serving):

Calories: 389 | Protein: 20 g | Fat: 24 g
Carbohydrates: 25 g | Sodium: 468 mg





Serves: 6 - 8

Prep time: 20 mins. | Cook time: 45 mins

Nutritional Information (Per serving):

Calories: 577 | Protein: 55 g | Fat: 15 g

Carbohydrates: 56 g | Sodium: 778 mg

Smoky Turkey & Lentil Chili

INGREDIENTS:

- 2.2 lb (1 kg) ground Canadian turkey
- 2 cups (500 mL) whole grain lentils
- 1 tbsp (15 mL) olive oil
- 3 cloves garlic, crushed
- 1 large onion, diced
- 2 cans diced tomatoes (2 X 796mL cans)
- 1 can (398 mL) black beans
- 1 can (398 mL) refried beans
- 1 package chili seasoning (40 g)
- ½ can (148 mL) Chipotle peppers in adobo sauce (optional)
- 2 tsp (10 mL) cinnamon
- 2 tsp (10 mL) garlic powder
- 1 tsp (5 mL) sweet smoked paprika
- Salt and pepper to taste
- ½ cup (125 mL) water, if needed

DIRECTIONS:

1. Cook lentils according to package instructions.
2. While lentils are cooking, heat olive oil in a large pot.
3. Add onions and cook until translucent, 5-7 minutes.
4. Add garlic and cook through, an additional 2 minutes.
5. Add turkey and cook through, 8-12 minutes.
6. Season with salt and pepper to taste.
7. Add tomatoes, spices and Chipotle peppers and simmer gently for 10 minutes.
8. Add lentils, black beans and refried beans. Simmer for an additional 15 minutes, until flavours are thoroughly incorporated. If mixture is too thick, add water to desired consistency.
9. Season with salt and pepper to taste.

Tip: To cut down on cooking time during a busy week, you can cook the lentils and ground turkey ahead of time and refrigerate until needed, up to 2 days ahead.

Handling Turkey Safely!

Source: Turkey Farmers of Canada

THAWING TURKEY CUTS

REFRIGERATOR METHOD:

This method of thawing turkey cuts is the safest, as it keeps the meat cold until it is completely defrosted.

- Place tray pack on a tray on a bottom shelf in the refrigerator.
- Allow 5 hours of thawing time per pound (10 hours/kg).

COLD WATER METHOD:

- Keep the turkey cut in its tray pack.
- In a container, cover the tray pack completely with cold water.
- Change the water at least every hour.
- Allow 1 hour of thawing time per pound (2 hours/kg).

Once thawed, keep your turkey meat refrigerated and cook within 48 hours.

COOKING TURKEY CUTS

Cooking times may vary depending on: the temperature of the meat going into the oven, the accuracy of the oven's thermostat, how many times the oven door is opened during cooking.

COOKING BONE-IN TURKEY CUTS

Cook bone-in breasts, thighs, drumsticks and wings until a digital meat thermometer inserted into the meat, away from the bone, registers 165°F (74°C).



Do not leave turkey
at room temperature
for more than
2 hours!!!

COOKING BONELESS TURKEY CUTS, GROUND TURKEY, TURKEY SAUSAGE AND TURKEY HOT DOGS

Cook boneless cuts to an end-point internal temperature of 165°F (74°C), using a digital meat thermometer inserted deep into the meat.

Calculate portions as follows:

- Boneless turkey breast:
¼ lb (125 g) per person/serving
- Turkey thighs, drumsticks & wings: ½ lb (250 g) per person/serving
- Ground turkey: ¼ lb (125 g) per person/serving



STORING FRESH TURKEY MEAT

Processors' cooling and refrigeration methods may vary and extend the shelf life of some turkeys, therefore, best-before dates on product packaging should be consulted to determine how long fresh turkey meat can be safely stored in the refrigerator. If no best-before date is present, Health Canada recommends using refrigerated turkey meat within 2-3 days of purchase or ask at the place of purchase.

STORING FROZEN TURKEY MEAT

Turkey cuts can be kept frozen for up to 6 months. Ground turkey can be kept in the freezer for 2-3 months.

Once thawed, treat previously frozen turkey meat as fresh and do not refreeze until cooked.

STORING COOKED TURKEY

Cooked turkey and cold cuts can be stored in a covered container, plastic bag or aluminum foil for up to 4 days in the refrigerator or up to 3 months in the freezer.

NOTE:

After cooking, keep turkey hot (above 140°F/60°C) or refrigerate (below 40°F/4°C).



Alberta Turkey would like to thank the following for providing recipes and photos:

Turkey Farmers of Canada

*Tex-Mex Turkey Rice Bowl
BBQ Turkey Club with Spicy Mayo
Grab and Go Turkey Muffins
Grilled Citrus Steaks
Rustic Columbian Turkey Soup
Spring Veggie Herb Pesto and Turkey Pasta
Hawaiian Turkey Kebabs
Warm Turkey and Root Vegetable Salad*

Turkey Farmers of Canada and Lentils.org

Smokey Turkey and Lentil Chili

Julie Van Rosendaal of www.dinnerwithjulie.com

*Turkey Sloppy Joe Sliders
Deconstructed Turkey & Stuffing*

Turkey Farmers of Ontario

Grilled Turkey and Garlic Lemon Arugula Salad

Lori Kennedy (www.eatinateout.ca)

Apple Cheddar Turkey Burger

Chef Elaine Wilson (www.elainewilson.com)

Thai Galloping Horses

Additional photos: 123rf.com



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