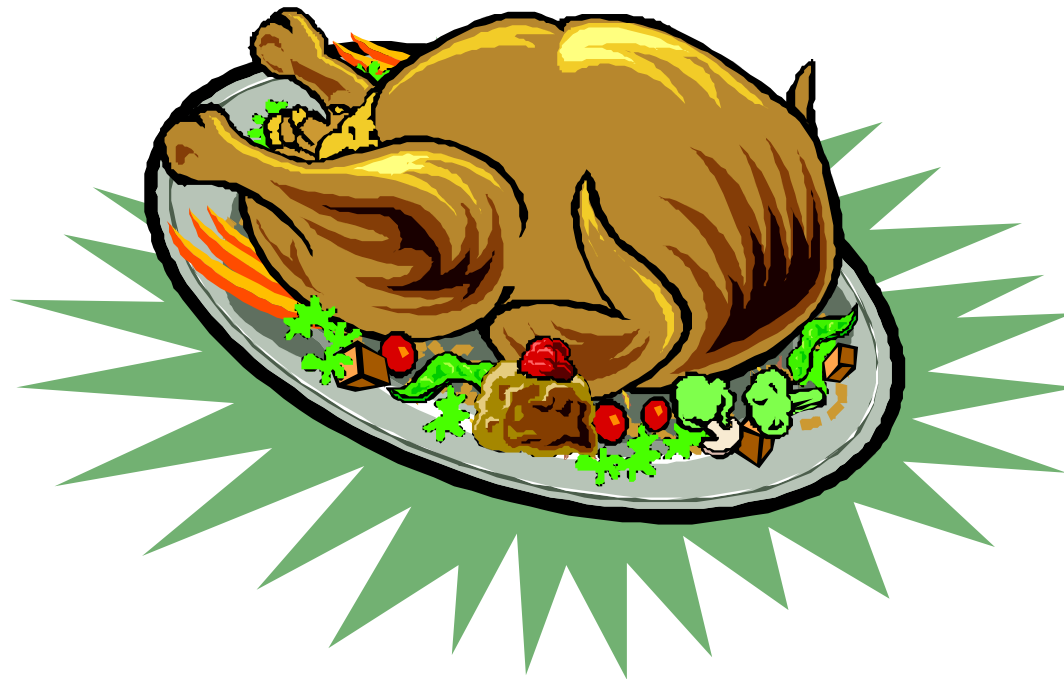


Turkey



Cooperative Extension • Family Living Programs

Wisconsin Nutrition Education Program

Florence, Forest and Vilas Counties

Florence County Office: 715-528-5490, ext 115

Forest County Office: 715-478-7799

Vilas County Office: 715-479-3653

University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating.
UW-Extension provides equal opportunities in employment and programming including Title IX
and ADA. WNEP education is supported by the USDA FoodShare Program, UW-Extension,
and local partners. FoodShare can help provide a healthy diet. To find out more about
FoodShare, call your local Human Services Department.

Plan Your Holiday Meal

MENU

Roast Turkey
Corn Bread or Bread Stuffing
Green Beans
Cranberry Relish
Self-Crust Pumpkin Pie
Lowfat Milk

Turkey is nutritious, low in cost and easy to cook. Follow these instructions:

THAW

Keep turkey cold while thawing. Use one of these methods:

1. **No hurry:** Thaw in refrigerator. Leaving turkey in original wrapping; place on tray and put in refrigerator. Allow to thaw for 3-4 days; allowing about 5 hours per pound of turkey to completely thaw.
2. **Fast thaw:** Thaw in cold water. Leave turkey in original wrapping. Cover with cold water in large clean sink. Change water as often as needed to keep cold. It take about half an hour for each pound of turkey to thaw.

**Never thaw a turkey on the kitchen counter!
Parts of the turkey could become warm enough for
bacteria to grow to dangerous levels.**

PREPARE TO COOK

Raw turkey may have bacteria on it. Wash your hands, sinks, counters, knives and dishes with soap and hot water after working with raw turkey. Keep raw turkey and its juices away from cooked and ready-to-eat food. Follow these steps to prepare a turkey for cooking:

1. Remove wrapper from the turkey.
2. Remove the bag of giblets from inside the turkey.

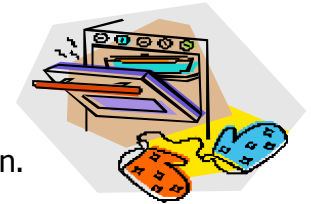
3. Wash inside and outside of turkey in cold water, drain well.
4. Cut off large pieces of fat.
5. If stuffing is to be cooked inside the turkey, do not stuff the turkey until just before putting it in the oven.

COOKING THE TURKEY

The turkey can be roasted in the oven or cooked in water on the stove. Never partially cook a turkey and finish cooking later. Use one of the following cooking methods:

In the oven:

1. Preheat oven to 325°.
2. Place turkey, breast-side up, in a large pan.
3. Timetable for roasting.

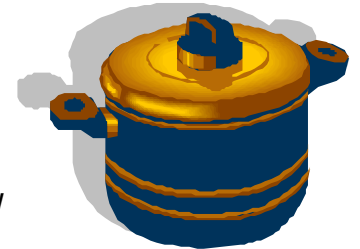


Weight of turkey (pounds)	Roasting Time in Hours	
	Unstuffed	Stuffed
6 to 8	2-1/4 to 3-1/4	3 to 3-1/2
8 to 12	3 to 4	3-1/2 to 4-1/4
12 to 16	3-1/2 to 4-1/2	4-1/2 to 5-1/2
16 to 20	4 to 5	5-1/2 to 5-1/2
20 to 24	4-1/2 to 5-1/2	6-1/2 to 7-1/2

Test for doneness: Juices will be clear and no longer pink when the turkey is done. A meat thermometer is the only accurate way to determine doneness. Place the thermometer in the thickest part of the thigh and cook the turkey until the temperature of the meat reaches 165°F.

On the stove top:

1. Cut turkey into pieces and place in large pot.
2. Cover with water.
3. Bring to a boil.
4. Turn down heat and simmer at a low temperature until meat is done



USING COOKED TURKEY

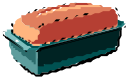
For delicious and safe turkey:

- Keep turkey meat hot or cold.
- Do not leave turkey meat at room temperature for more than 2 hours because bacteria can grow to dangerous levels.
- If stuffing was cooked inside the turkey, remove all stuffing from inside the turkey immediately after cooking.
- Keep stuffing hot or cold. Do not let it stand at room temperature for more than 2 hours.
- Remove cooked turkey from the bones and store in the refrigerator in a covered container. Use refrigerated turkey meat within 3 to 4 days. Cooked turkey can also be frozen.
- Make a broth from turkey bones and scrapes. Place bones and scraps in a large pot and cover with water. Bring to a boil; simmer for about 3 hours. Remove bones and refrigerate broth. When broth is cold, skim fat off the top and throw it away. Use broth for soup. Freeze broth if not used within 3 days.
- Cooked turkey can be used in any recipe that calls for cooked chicken. Cooked turkey can also be used in many recipes calling for ground beef or other meats.



Cheddar Cornbread

- | | |
|--|-------------------------------------|
| 2 eggs | 1/2 cup plain lowfat yogurt |
| 1/3 cup vegetable oil | 1 cup yellow cornmeal |
| 1 can (4 oz.) diced green chilies (optional) | 1/2 tsp. salt |
| 1 can (9 oz.) cream-style corn | 2 tsp. baking powder |
| | 1 cup shredded sharp cheddar cheese |



Preheat oven to 350° and lightly grease an 8 or 9 inch baking pan. Beat eggs and oil until blended. Add chilies (if desired) corn, lowfat yogurt, cornmeal, salt, baking powder and 3/4 cup of the cheese. Stir until well blended. Pour batter into greased baking pan and sprinkle with remaining 1/4 cup cheese. Bake about 1 hour, until top is lightly browned and a tooth pick inserted in center comes out clean.

~ 251 calories, 15.6g fat and 21g carbohydrates per serving ~

Bread Stuffing

- | | |
|---|---|
| 3 Tbsp. onion, chopped | 1/4 tsp. pepper |
| 1/4 cup butter or margarine | 1/2 tsp. ground sage |
| 4 cups dry bread cubes (about 7 slices) | 1/4 cup water (enough to moisten the bread cubes) |
| 1/4 tsp. salt | |

Cook onion in butter. Combine with bread and seasonings. Add water and mix until moistened. Use immediately.

~ 151 calories, 9g fat and 15g carbohydrates per serving ~



Cranberry Relish (makes 8 servings)

- | | |
|---|--------------------------------------|
| 12 oz. fresh or frozen cranberries, Ground or chopped | 1 orange, ground (include some rind) |
| 1 apple, ground | 3/4 cup sugar |

Mix all ingredients together and let stand in the refrigerator for several hours before serving. The relish can be stored in the refrigerator for 2-3 weeks, or can be frozen.

~ 111 calories, 0.2g fat and 19g carbohydrates per serving ~

Self-Crust Pumpkin Pie

(makes 8 servings)

- 2 large eggs
- 2 cups canned or cooked pumpkin or yams (1 b. can)
- 1 cup nonfat dry milk powder
- 2/3 cup brown or white sugar
- 1/4 tsp. salt
- 1-1/2 tsp. pumpkin pie spice or cinnamon
- 1/4 cup flour
- 1 cup water



Preheat oven to 350°. Mix all ingredients except water in large bowl. Slowly stir in water. Mix well. Pour in a greased 9-inch pie plate. Bake for 45 to 55 minutes or until a knife inserted near the center come out clean.

~ 150 calories, 1.4g fat and 29g carbohydrates per serving ~

Prepare Leftovers in New Ways!

Turkey Vegetable Bake

(makes 5 servings)

- 2 Tbsp. margarine
- 2 Tbsp. flour
- 1 pkg. (10 oz.) frozen or about 1-1/2 cups cooked, fresh or canned mixed vegetables
- 1 cup turkey or chicken broth or bouillon
- 2 cups turkey, cooked and cut into pieces
- 3/4 cup cheese, grated
- 1/2 cup bread crumbs



Menu Idea
Turkey Vegetable Bake
Rice
Baked Apple
Lowfat Milk

Preheat oven to 350°. In a saucepan, melt margarine. Stir in flour to make a paste. Add broth or bouillon. Cook and stir until thickened and bubbly. Remove from heat. Stir in turkey, vegetables and 1/2 cup cheese. Transfer mixture to baking dish. Sprinkle with bread crumbs and the leftover 1/4 cup cheese. Bake for 30 to 35 minutes.

~ 290 calories, 13.7g fat and 18g carbohydrates per serving ~

Basic Turkey Casserole

(makes 4 servings)

- 1-1/2 cups cooked turkey
- 1 cup any cooked vegetable
- 2 to 2-1/2 cups of gravy, medium white sauce, tomato sauce or canned cream soup thinned with skim or lowfat milk
- 1 cup of starchy ingredient such as cooked, cubed potatoes or stuffing mix

Optional topping: 1/2 cup bread or cracker crumbs

Preheat oven to 350°. Grease a 1-1/2 qt. ovenproof baking dish. Put together the casserole in one of the following ways: 1) Mix everything together except the topping. 2) Alternate layers of meat, vegetables, starchy ingredient and sauce, ending with sauce. 3) Mix meat, vegetables and starchy ingredients together. Pour the sauce on top. Sprinkle the bread or crumbs on top, if desired. Bake until browned and bubbling about 25 to 30 minutes. Refrigerate leftovers.

~ 230 calories, 5.8g fat and 22g carbohydrates per serving ~
(Noodles & Gravy Version - no topping)



Turkey Vegetable Soup

(makes 4 servings)

- 5 Cups water
- 5 tsp. chicken soup base
- 1 cup cooked & cubed turkey
- 1 tsp. salt
- 1 small onion, sliced
- 1 cup corn
- 1-1/2 cups green beans
- 1/4 tsp. pepper
- 1/2 tsp poultry seasoning
- 2/3 cup uncooked egg noodles or 1/3 cup uncooked rice

Heat water and soup base; add vegetables and seasonings. Cook over medium heat for 30 minutes. Add meat and noodles, cook 20 minutes longer. **VARIATION:** Leftover chicken can be used instead of turkey.

~ 142 calories, 3.2g fat and 17g carbohydrates per serving ~
(Version with noodles)

Menu Idea
Basic Turkey Casserole
Dinner Rolls
Apple Wedges
Lowfat Milk

Menu Idea
Turkey Vegetable Soup
Whole Wheat Crackers
Canned Peach Half
Lowfat Milk

Baked Turkey Sandwich

(makes 4 servings)

1 tsp. butter or margarine
8 slices bread
1-1/4 cups cooked turkey, cubed
1 cup cheddar cheese, grated
1 Tbsp. onion, minced
3 large eggs
1-1/4 cups 2% lowfat milk
Paprika

Menu Idea
Baked Turkey Sandwich
Carrot Sticks
Green Grapes
Lowfat Milk

Optional Sauce:

1 can cream of mushroom soup
1/4 cup 2% lowfat milk

Use butter or margarine to grease bottom of a 9" square baking dish. Place 4 slices of bread in dish. Spread turkey on the bread; sprinkle with minced onion and cheese. Place remaining 4 slices of bread on top. Beat eggs and milk together; pour over all. Sprinkle with paprika. Cover dish with foil or plastic wrap and refrigerate overnight. Bake at 350° for 1 to 1-1/2 hours (check after 1 hour), or until no liquid remains.

Optional Sauce: Before serving, mix soup and 1/4 cup milk. Heat and serve over sandwiches as sauce.

VARIATION: Chopped cooked ham or chicken can be used in place of the turkey.

~ 473 calories, 30.2g fat and 38g carbohydrates per serving ~
(without sauce)

~ 560 calories, 26.3g fat and 44g carbohydrates per serving ~
(with sauce)

