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# It's Turkey Time

Turkey is a great buy during the holiday season. Roast a whole turkey and then use it in sandwiches, casseroles, soups, tacos and other dishes.

Turkey can help stretch your food dollars!

If you never roasted a turkey, it may seem difficult.

However, it is easy!

#### Follow these easy steps:

- 1 Thaw the turkey in the refrigerator. Be sure to give your turkey enough time to thaw. A 12 pound turkey can take 2 to 3 days in the refrigerator to thaw.
- 2 Roast! Place the turkey in a large roasting pan. Add 2 inches of water to the pan. Place in a 350° oven. Add more water if needed while it is cooking.
- 3 How long should the turkey roast? Use a thermometer. The temperature should reach at least 165° F in the thigh. An unstuffed 12 pound turkey will need to cook about 3 hours.





### Leftover Turkey

Cooked turkey can be kept in the refrigerator for up to 3 to 4 days.

Cooked turkey can be kept in the freezer for up to 4 months.

Cut leftover turkey into large pieces.

Freeze in freezer bags.

#### Turkey can be added to:

(Thaw and chop cooked turkey)

- Soups
- Quesadillas and Burritos
- Spaghetti Sauce
- Pizza
- Noodle and Rice Dishes

## Turkey Sandwiches

There are so many ways to make a turkey sandwich. If you don't have leftover turkey, use deli turkey meat.

- ➤ Barbecue Turkey Sandwich Layer turkey slices, barbecue sauce and a slice of American or Colby cheese on a bun. Heat in the microwave and serve.
- Turkey Pita Combine chopped turkey with low fat mayonnaise and a small amount of pickle relish. Stuff turkey into pita bread. Add shredded lettuce.

Source: Nutrition Matters - www.numatters.com



Wisconsin Nutrition Education Program - Florence, Forest, & Vilas Counties

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