

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