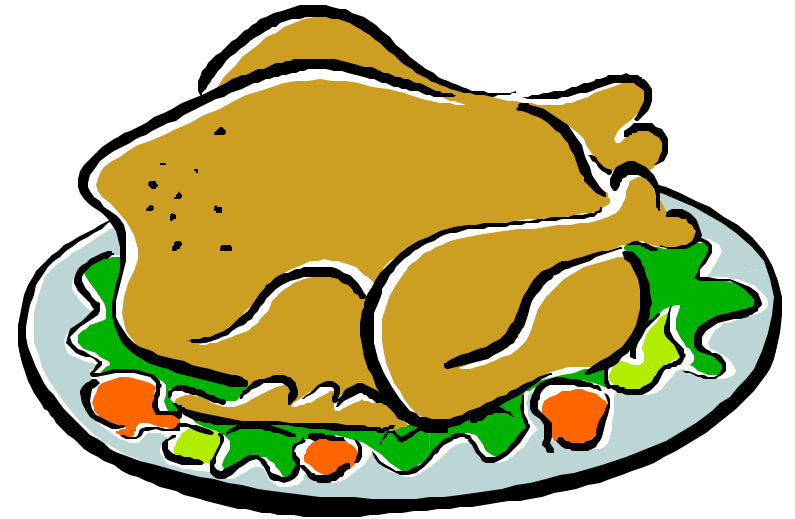


Using Cooked Turkey

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 scraps. 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.

Turkey



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Nutrition Education Program

Dunn County UW-Extension
Ag Center, 390 Red Cedar St. Suite D
Menomonie WI 54751-2265

Family Living Programs • Cooperative Extension • University of Wisconsin -Extension

WNEP education is supported by the USDA Food Stamp Program, UW-Extension, and local partners. Food stamps can help provide a healthy diet. To find out more about food stamps, call 715-232-7360.

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This information is provided through the Dunn County Nutrition Education Program. The Wisconsin Nutrition Education Program comes through funding provided by the United States Department of Agriculture, the University of Wisconsin-Extension and Dunn County. For further information call Lana or Karen, Dunn County Extension at 715.232.1636.

This is an equal opportunity program. If you believe you have been discriminated against because of race, color, national origin, sex, handicap, political beliefs, or religion, write immediately to the Secretary of Agriculture, Washington D.C. 20250.

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. Leave 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 takes 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	2¼ to 3¼	3 to 3½
8 to 12	3 to 4	3½ to 4½
12 to 16	3½ to 4½	4½ to 5½
16 to 20	4 to 5	5½ to 6½
20 to 24	4½ to 5½	6½ to 7½

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 180-185°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.



Plan Your Holiday Meal

MENU

Roast Turkey

Cheddar Corn Bread or Bread Stuffing

Green Beans

Cranberry Relish

Self-Crust Pumpkin Pie

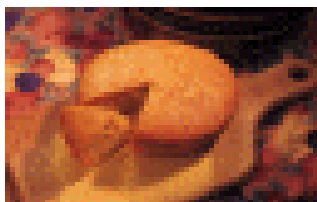
Lowfat Milk

Cheddar Cornbread

(makes 8 servings)

251 calories, 15.6 grams fat and 21 grams carbohydrates per serving

- 2 eggs
- 1/3 cup vegetable oil
- 1 can (4 oz.) diced green chiles (optional)
- 1 can (9 oz.) cream-style corn
- 1/2 cup plain lowfat yogurt
- 1 cup yellow cornmeal
- 1/2 tsp. salt
- 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 well blended. Add chiles (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 toothpick inserted in center comes out clean.

Bread Stuffing

(makes 3 cups)

151 calories, 9 grams fat and 15 grams carbohydrates per serving

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

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

Cranberry Relish

(makes 8 servings)

111 calories, 0.2 grams fat and 19 grams carbohydrates per serving

- 12 oz. fresh or frozen cranberries, ground or chopped
- 1 apple, ground
- 1 orange, ground (include some rind)
- 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.

Self-Crust Pumpkin Pie

(makes 8 servings)

150 calories, 1.4 grams fat and 29 grams carbohydrates per serving

- 2 large eggs
- 2 cups canned or cooked pumpkin **or** yams (1 lb. 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 a 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 comes out clean.



Prepare Leftovers in New Ways!

Turkey Vegetable Bake

(makes 5 servings)

290 calories, 13.7 grams fat and 18 grams carbohydrates per serving

- | | |
|---|---|
| 2 Tbsp. margarine | |
| 2 Tbsp. flour | |
| 1 cup turkey or chicken broth or bouillon | 1 pkg. (10 oz.) frozen or about 1 ½ cups cooked, fresh or canned mixed vegetables |
| 2 cups turkey, cooked and cut into pieces | ¾ cup cheese, grated |
| | ½ cup bread crumbs |

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 ½ cup cheese. Transfer mixture to baking dish. Sprinkle with bread crumbs and the leftover ¼ cup cheese. Bake for 30 to 35 minutes.

Menu Idea

Turkey Vegetable Bake
Rice
Baked Apple
Lowfat Milk

Basic Turkey Casserole

(makes 4 servings)

230 calories, 5.8 grams fat and 22 grams carbohydrates per serving
(Noodles & Gravy Version—no topping)

- | | |
|---|---|
| 1½ cups cooked turkey | 2 to 2½ cups of gravy, medium white sauce, tomato sauce or canned cream soup thinned with skim or lowfat milk |
| 1 cup any cooked vegetable | |
| 1 cup of a starchy ingredient such as cooked, cubed potatoes, cooked rice, cooked noodles or stuffing mix | Optional topping:
½ cup bread or cracker crumbs |

Preheat oven to 350°. Grease a 1½-quart 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.

Menu Idea

Basic Turkey Casserole
Dinner Rolls
Apple Wedges
Lowfat Milk

Baked Turkey Sandwich

(makes 4 servings)

473 calories, 20.2 grams fat and 38 grams carbohydrates per serving (without sauce)
560 calories, 26.3 grams fat and 44 grams carbohydrates per serving (with sauce)

- | | |
|------------------------------|------------------------------|
| 1 tsp. butter or margarine | 3 large eggs |
| 8 slices bread | 1¼ cups 2% lowfat milk |
| 1¼ cups cooked turkey, cubed | paprika |
| 1 cup cheddar cheese, grated | Optional Sauce: |
| 1 Tbsp. onion, minced | 1 can cream of mushroom soup |
| | ¼ 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 1½ hours (check after 1 hour), or until no liquid remains.

Optional Sauce: Before serving, mix soup and ¼ cup milk. Heat and serve over sandwiches as sauce. **VARIATION:** Chopped cooked ham or chicken can be used in place of the turkey.

Menu Idea

Baked Turkey Sandwich
Carrot Sticks
Green Grapes
Lowfat Milk

Turkey Vegetable Soup

(makes 4 servings)

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

- | | |
|-----------------------------|---------------------------------|
| 5 cups water | 1½ cups green beans |
| 5 tsp. chicken soup base | ¼ tsp. pepper |
| 1 cup cooked & cubed turkey | ½ tsp poultry seasoning |
| 1 tsp. salt | 2/3 cup uncooked egg noodles |
| 1 small onion, sliced | or 1/3 cup uncooked rice |
| 1 cup corn | |

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 in place of the turkey.

Menu Idea

Turkey Vegetable Soup
Whole Wheat Crackers
Canned Peach Half
Lowfat Milk