

Using Cooked Turkey

For delicious and safe turkey:

- Keep turkey meat hot or cold. Do not leave turkey meat at room temperature or 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.

Meat and Poultry Hotline, 1-888-674-6854. M-F, 9am-5pm.
Open Thanksgiving Day, 5 am – 1 pm.

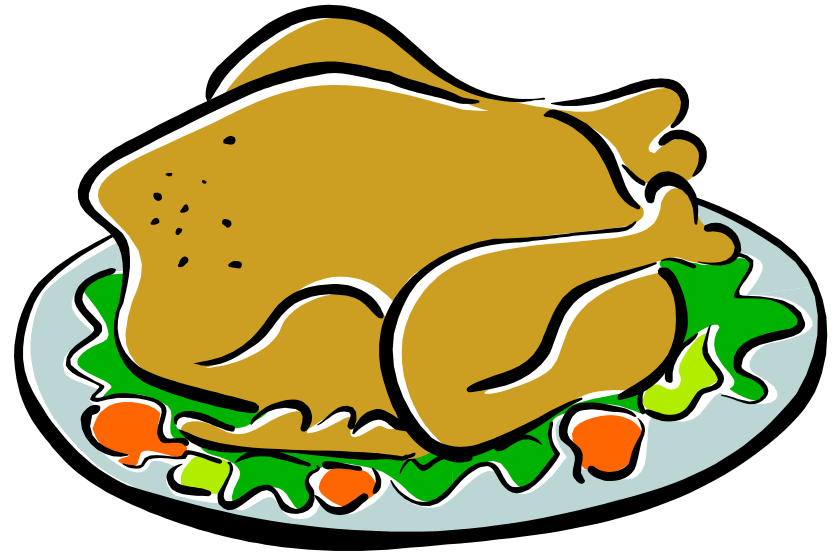
E-mail questions to the hotline at mp hotline.fsis@usda.gov



Extension

UNIVERSITY OF WISCONSIN-MADISON

Turkey



Extension

UNIVERSITY OF WISCONSIN-MADISON

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These recipes and more are available at:

<https://www.choosemyplate.gov/myplatekitchen/recipes>
& <https://spendsmart.extension.iastate.edu/recipes/>

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 breast side up and put in refrigerator. Allow to thaw for at least 1 day for every 4lbs. Use within 4 days after thawing.
2. **Fast thaw:** Thaw in cold water. Leave turkey in original wrapping, breast side down. Cover with cold water in large clean sink. Change water every 30 minutes to keep cold. It takes about half an hour for each pound of turkey to thaw. Cook immediately after thawed. Do not refreeze!

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 and neck from the inside the turkey.
3. **Do not** wash the inside or outside of turkey as this promotes cross contamination.
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.

Menu Idea Turkey Tetrazzini Baked Apple Low fat Milk

Tasty Turkey Tetrazzini (makes 8 servings)

319 calories, 7 grams fat & 34 grams carbohydrates per serving

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| 8 ounce whole-wheat fettuccine, spaghetti, or other noodle | ½ cup all-purpose flour |
| 4 Tbsp. light butter, unsalted | 1 ½ cup skim milk |
| 2 cup mushrooms, sliced (fresh or canned) | 4 cup chopped cooked turkey |
| 1 tsp dried thyme | 1 cup peas, frozen |
| | 2 Tbsp. grated parmesan cheese |

Preheat oven to 400°. Lightly grease a 9x9 inch baking dish. Cook pasta in a large pot of boiling water until tender. (Check cooking time for pasta; remove pasta approximately 2 minutes early.) While pasta is cooking, melt butter in saucepan over medium heat. Add the mushrooms and thyme. Stir and cook until mushrooms are softened, about 5 minutes. Whisk in flour until well blended. (Note: Start with 1/3 cup flour and add more, if needed.) While whisking, slowly add chicken broth and milk. Bring to a boil, reduce heat, and simmer until sauce is thickened and smooth, about 5 minutes. Add turkey, frozen peas, and cooked pasta. Gently mix together. Pour into baking dish and sprinkle with parmesan cheese. Bake until sauce is bubbling and the cheese is golden brown, 25-35 minutes. Let cool 15 minutes before serving.

Turkey Vegetable Quiche (makes 8 servings)

210 calories, 10 grams fat and 14 grams carbohydrates per serving

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| 1 pie crust, unbaked (9 inches) | ½ cup nonfat milk |
| ½ cup onion, diced | ½ tsp black pepper |
| ½ cup mushrooms, sliced | 1 tsp seasoning (basil, garlic, or parsley) |
| 1 ½ cup cooked turkey breast, cubed | ½ cup shredded cheese (cheddar, mozzarella, or swiss) |

Preheat oven to 375°. Heat a skillet to medium. Add onion, mushrooms, and red pepper to the skillet. Sauté for 2-3 minutes. Add vegetables and turkey to prepared pie crust. Whisk together eggs, milk, seasoning, and black pepper in a bowl. Pour mixture into

Menu Idea Turkey Vegetable Quiche Green Grapes Low fat Milk

Prepare Leftovers in New Ways!

Cheesy Turkey Casserole

(makes 4 servings)

390 calories, 14 grams fat and
32 grams carbohydrates per
serving

Menu Idea
Cheesy Turkey Casserole
Dinner Rolls
Apple Wedges
Low fat Milk

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| 1 Tbsp. oil | 1 cup instant brown rice, uncooked |
| 1 cup onion, diced | 2 cups frozen vegetables |
| 1 clove garlic | $\frac{3}{4}$ cup cheddar cheese, shredded |
| 1 $\frac{1}{2}$ cups reduced sodium chicken broth | 2 cups cooked turkey, shredded or cut up |

Heat oil in a skillet over medium heat. Add onion and garlic. Cook for 2 minutes. Add chicken broth. Heat to boiling. Stir in rice and frozen vegetables. Reduce heat to low. Cover and cook for 10 minutes. Add chicken and cheese. Stir constantly until chicken is heated through and cheese is melted.



Menu Idea
Turkey Stew
Whole Wheat Crackers
Canned Peach Half
Low fat Milk

Turkey Stew

(makes 4 servings)

248 calories, 3 grams fat and
30 grams carbohydrates per

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| 2 tsp. vegetable oil | 1 can tomatoes, diced |
| $\frac{1}{2}$ cup onion, chopped | 2 cups water |
| 1 garlic clove, finely chopped | 2 cups turkey, cooked & chopped |
| 4 carrots, chopped | Salt & pepper to taste, optional |
| 2 celery stalk, chopped | Italian seasoning or oregano, basil,
or thyme, to taste, optional |
| 2 potatoes, chopped | |

serving

Heat oil in medium saucepan. Add onion, garlic, carrots, and celery and stir for 2 minutes. Add potatoes, tomatoes, and water to pan. Bring to a boil, then lower heat and simmer 30 minutes or until vegetables are tender. Add turkey and cook another 5 minutes or until heated. Season to taste before serving. Refrigerate leftovers.

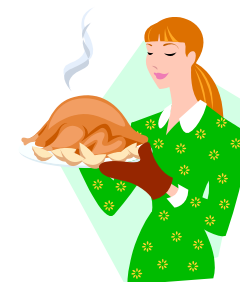
VARIATION: Leftover chicken can be used in place of the turkey.

Cooking the Turkey

The turkey can be roasted in the oven or an electric roaster. **Never partially cook a turkey and finish cooking later.**

In the oven or electric roaster:

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



Weight of turkey (pounds)	Roasting Time in Hours	
	Unstuffed	Stuffed
6-7	2 to 2½	2¼ to 2¾
7-10	2½ to 3	2¾ to 3½
10-18	3 to 3½	3¾ to 4½
18-22	3½ to 4	4½ to 5
22-24	4 to 4½	5 to 5½
24-30	4½ to 5	5½ to 6¼

Test for doneness: Juices will be clear and no longer pink when the turkey is done. A meat or instant read thermometer is the only accurate way to determine doneness. Cook the turkey until the temperature of the meat reaches 165°F. Check the thickest portion of the breast, thigh, **and** wing joint! Check the stuffing too!



Plan Your Holiday Meal:

Roast Turkey
Cornbread or Grandma's Stuffing
Green Beans
Cranberry Wojapi
Guiltless Pumpkin Pie
Low fat Milk



Cornbread

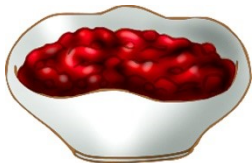
(makes 12 servings)

137 calories, 1 grams fat and 19 grams carbohydrates per serving



1 cup cornmeal	1 egg
1 cup all-purpose flour	¼ cup vegetable oil
2 Tbsp. sugar	1 cup milk, non-fat

Heat oven to 425°. Grease 8- or 9-inch square pan. Combine cornmeal, flour, sugar, and baking powder in large mixing bowl. Crack egg into small bowl and beat lightly. Add egg, oil, and milk to flour mixture. Mix until well blended. Pour batter into prepared pan. Bake 20-25 minutes, until firm to touch or wooden pick inserted in the center comes out clean.



Cranberry Wojapi

(makes 4 servings)

150 calories, 0 grams fat and 41 grams carbohydrates per serving

1 cup dried cranberries	4 Tbsp. sugar
2 cups water	2 Tbsp cornstarch mixed with ¾ cup water

In a large saucepan, combine ingredients and bring to a boil. Reduce heat and simmer until mixture is thickened and cran-

Grandma's Stuffing

(makes 8 servings)

140 calories, 0 grams fat and 22 grams carbohydrates per serving

1/3 cup water	10 cups whole wheat bread cubes
½ cup onion, chopped	(or white bread or buns, dry)
½ cup celery, chopped	1 ½ cup milk
1 tsp parsley, dried	1 egg, lightly beaten
¼ tsp salt	Optional - 2 apples, chopped
¼ tsp black pepper	Optional – ¼ cup raisins

Preheat oven to 350°. Put cubes in large bowl, set aside. Put water in medium saucepan. Add onion, celery, parsley, salt, and pepper. Cook for 5 minutes. Do not drain. Pour over bread cubes. Stir in milk and eggs. Gently stir in apples, and raisins, if desired. Spoon into greased 2-quart baking dish. Bake at 350 degrees for 1 hour.

Guiltless Pumpkin Pie

(makes 8 servings)

100 calories, 1.5 grams fat and 19 grams carbohydrates per serving



2 large eggs	¼ teaspoon salt
½ cup white sugar	1 ½ teaspoons pumpkin pie spice
1 can (15 ounces) pumpkin	OR
1 can (5 ounces) fat free evaporated milk	¾ teaspoon each ground cinnamon and ground nutmeg

Preheat oven to 350°. Crack eggs in large bowl and beat with a fork or whisk. Add sugar, pumpkin pie spice, and salt. Stir until well mixed. Stir in pumpkin and evaporated milk. Pour in a greased 9-inch pie plate. Bake for 40 to 45 minutes or until a knife inserted near the center comes out clean. Remove from oven and cool on wire rack. Serve immediately or refrigerate until serving time.