Turkey Basics

3 Ways to Thaw Turkey Safely

1 Refrigerator: Safest method. Allow 24 hours per pound for ground turkey or individual pieces OR 24 hours for every 5 pounds of whole turkey. Once thawed, cook within 2 to 3 days. Meat thawed in the refrigerator can be re-frozen without cooking although there may be some loss of quality.

2 Cold water: Safe when water stays cold and covers the package completely. Allow 1 hour for the first pound plus 30 minutes for each additional pound. Once thawed, cook right away.
   • Use a waterproof bag to keep water from touching the meat.
   • Submerge it in cold tap water. Change the water every 30 minutes to speed thawing. Never use hot water.

3 Microwave: Safe if the meat is cooked immediately after thawing. Use the defrost setting. Be sure the meat can rotate freely within the microwave.

Turkey provides lean protein and less saturated fat than most other meats.

Shop and Save

* Turkey is available all year: whole, cut into pieces, ground or deli meat.
* Watch for sale prices on turkey, especially in November. Stock up if you can cook or freeze within a few days.
* Ground turkey with a lower percentage of fat costs more per pound but once cooked creates more meat to eat.
* Look for a “Use or Freeze by” date on packages of fresh turkey as a guide to using while best quality. Frozen turkey may also have a “USE by” date.

Store Well Waste Less

- Keep fresh turkey cold in the refrigerator. Check for a date on the package or use within 3 days after purchase. Freeze for longer storage.
- Keep frozen turkey in the freezer until ready to thaw.
- Refrigerate turkey deli meat and use within 5 days of purchase or opening. Freeze for longer storage and use within 2 to 3 months.
- Refrigerate cooked turkey within 2 hours of cooking. Divide into shallow covered dishes so it cools quickly. Use within 4 days or freeze and use within 2 to 3 months.

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Cook all poultry to 165 degrees F.
Asian Turkey Lettuce Wraps

**Ingredients:**
- 3 Tablespoons reduced-sodium soy sauce
- 3 teaspoons sugar, granulated or brown
- 2 teaspoons sesame oil
- 1 teaspoon hot sauce
- ¾ pound lean ground turkey (15% fat or less)
- 2 stalks celery, sliced
- 2 medium carrots, shredded
- 1 Tablespoon minced ginger root or ¾ teaspoon ground ginger
- 1 teaspoon garlic powder or 1 clove garlic, minced
- 1 can (8 ounces) water chestnuts, drained and chopped
- 2 cups cooked brown rice
- 8 large lettuce leaves

**Directions:**
1. In a small bowl, blend the soy sauce, sugar, sesame oil and hot sauce.
2. In a large skillet, sauté turkey, celery and carrot until the turkey begins to brown, 10 minutes. Break turkey into crumbles as it cooks.
3. Add ginger and garlic. Cook 2 minutes.
4. Stir in soy sauce mixture and water chestnuts. Cook 2 minutes longer.
7. Refrigerate leftovers within 2 hours.

**Makes** 8 lettuce wraps (6 cups filling)

**Prep time:** 20 minutes

**Cook time:** 15 to 20 minutes

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Turkey Cranberry Quesadilla

**Ingredients** for 1 quesadilla:
- 2 Tablespoons shredded mozzarella cheese
- 1 (8 inch) tortilla
- 2 Tablespoons dried cranberries or cranberry sauce
- 2 Tablespoons cooked turkey, chopped or shredded
- ⅓ cup fresh spinach

**Directions:**
1. Sprinkle shredded cheese evenly over half of the tortilla. Add dried cranberries or sauce, turkey and spinach. Fold the tortilla in half over the filling.
2. Heat a skillet over medium heat. Lightly spray with cooking spray. Place tortilla in skillet. Cover and cook for 2 to 3 minutes on each side or until the outside is golden brown and the contents are heated through.
3. Refrigerate leftovers within 2 hours.

**Makes** 1 quesadilla

**Prep time:** 5 to 7 minutes

**Cook time:** 4 to 6 minutes

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When kids help make healthy food, they are more likely to try it. Show kids how to:

- wash vegetables under cool running water.
- sprinkle ingredients on a tortilla for a quesadilla.
- measure spices and other ingredients.

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Visit FoodHero.org for easy, tasty recipes using turkey.