

Getting to Know Turkey: Fun Facts for the Family

INDIANA is the THIRD largest producer of turkeys in the nation.

In 2012, about 254 million turkeys were raised in the United States.

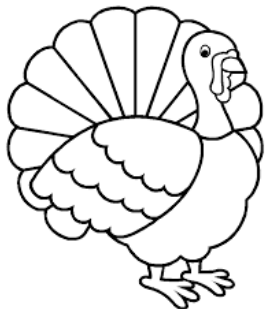
According to the US Department of Agriculture about 45 million turkeys are prepared and consumed for Thanksgiving.

Only tom (male) turkeys gobble, hen (female) turkeys make a clicking noise.

Turkeys are the only breed of poultry native to the Western Hemisphere.

No hormones or steroids are used in turkey production in the United States.

A 3-ounce serving of turkey breast is about 120 calories and contains 23 grams of protein and 1 gram of total fat.



Turkey and Black Bean Enchiladas

A great recipe to make with the family, have the children assemble the enchiladas and place them in the baking dishes.

Ingredients:

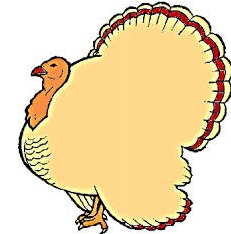
2 cans black beans, rinsed and drained
1 banana pepper, chopped
1 small onion, chopped
1 1/2 cups cooked SHREDDED TURKEY
1 can enchilada sauce (15 ounce)
1 cup shredded Mexican cheese blend
8 tortillas, warmed
cooking spray

Directions:

1. In a large bowl, mash 1 can black beans; set aside.
2. In a large nonstick skillet sauté pepper and onion over medium heat for about 5 minutes, until tender.
3. Add the mashed beans and whole black beans, shredded turkey and half the enchilada sauce and 1/2 cup cheese. Heat through, for 1 to 3 minutes.
4. Place 2/3 cup of turkey mixture down the center of each tortilla. Roll up tightly and place seam side down in two 11-inches X 7-inches baking dishes coated with cooking spray.
5. Pour remaining enchilada sauce over the top. Sprinkle with remaining cheese. Bake, uncovered, in a preheated 425 degree F oven for 15-20 minutes or until heated through.

Going Beyond Roast Turkey! Impressively Easy Turkey Recipes

Turkey is a versatile meat that can be used in many different dishes. Give these recipes a try to expand your love for turkey beyond the traditional holiday roast.



Indiana Turkey Market Development Council

Purdue University, Animal Sciences
270 South Russell Street
West Lafayette, IN 47907
PH: (765) 494-8517
ISPA@purdue.edu

www.serveturkey.org
www.INpoultry.org
Twitter: @instpoultry

Turkey Gumbo

Ingredients:

2 tbsp olive oil
1/2 lb fresh or frozen okra
1/2 cup chopped fine celery
1/2 cup chopped green pepper
2 cups chopped sweet onions
4 cloves minced garlic
8 ozs tomato paste
1 can crushed tomatoes (16 oz can)
1 bay leaf
2 cups turkey broth
1/2 tsp hot pepper sauce
1/2 lb smoked TURKEY SAUSAGE
2 cups cooked chopped TURKEY BREAST
cooked rice
3/4 tsp gumbo file powder

Directions:

1. Melt oil in a large skillet. Add okra. Sauté until the okra loses its shiny appearance, about 5 minutes. Remove okra pieces to a bowl.
2. Add celery, green pepper, onion and garlic to the skillet. Cook over medium heat until the onion is transparent.
3. Stir in tomato paste, tomatoes, bay leaf, turkey broth, hot pepper sauce, reserved okra mixture, smoked sausage and cooked turkey.
4. Simmer over low heat for 10-15 minutes or until sausage and turkey are hot. Remove bay leaf.
5. Spoon over hot cooked rice in large soup bowls. Sprinkle file powder into the gumbo at tableside. (Adding the file powder any earlier will result in a stringy gumbo.)
6. Serve with hot French bread.

Turkey Stuffed Peppers

Ingredients:

2 cups chicken broth
1 cup quinoa
olive oil
1 lb GROUND TURKEY
1 tsp crushed red pepper flakes
2 cloves minced garlic
salt and pepper to taste
1/4 cup white wine
4 large bell pepper
2 cups lightly packed and sliced kale leaves
1 1/2 cups panko breadcrumbs
1/4 cup grated Parmesan

Directions:

For the quinoa: Over medium-high heat, bring the broth to a boil in a medium saucepan. Add the quinoa, stir and cover. Reduce heat to a simmer and steam the quinoa about 10 minutes. Remove from the heat and let stand. Fluff with a fork when cool.

For the peppers: (Preheat oven to 425 degrees F)

1. Over medium-high heat, sprinkle olive oil in large pan. Add turkey, red pepper flakes, garlic and salt and pepper. Cook until well browned, about 5 to 7 minutes. Deglaze with the wine. Once the turkey is browned, remove from heat and fold in the quinoa and kale.
2. Cut the top off of each bell pepper. Remove seeds and membrane.
3. In a bowl combine breadcrumbs and Parmesan. Add a bit of olive oil to moisten and salt and pepper to taste.
4. Place peppers in a roasting pan, fill each pepper with 1/3 cup of turkey filling. Top each pepper with about 2 tablespoons of breadcrumb mix. Cover with foil and bake for 15 minutes.
5. Remove foil and turn on broiler, cook for additional 2 to 3 minutes to brown topping.
6. Remove peppers from oven and allow them to rest before serving.

Turkey Tenderloin with Fall Fruit Sauce

Ingredients:

1 1/2 lbs TURKEY TENDERLOINS
1/2 cup balsamic vinaigrette
2 tbs. Dijon mustard
cooking spray
1/2 apple, diced small
1/2 pear, diced small
1 tbs. raisins (optional)
1 cup apple cider
1 tsp. honey
2 tbs. unsalted margarine
1 tsp. cornstarch
1 tbs. water

Directions:

1. Marinate turkey in balsamic vinaigrette and place in refrigerator over night.
2. Over medium heat, spray a large frying pan and sear tenderloin on both sides. Remove from pan then rub with Dijon mustard and bake in a 350 deg. F oven for about 20 to 25 mins. or until the internal temperature reaches 165 deg. F. (The turkey should be covered when cooking.)
3. Wash and dice fruit.
4. In same pan used to sear the turkey, add the unsalted margarine (medium heat).
5. Add the fruit and saute for about 2 to 3 minutes. Add apple cider and honey, and bring to a slow boil.
6. Mix cornstarch and cold water with a whisk, and add to the fruit mixture until slightly thickened.
7. To serve, let the tenderloin rest about 5 mins. and then slice it on an angle and serve with fruit sauce. (Serve wild rice or mashed sweet potatoes as a side dish.)