

GRILLED HAWAIIAN TURKEY THIGHS

Serves 3, Cooks in 35 minutes, Beginner Recipe

Ingredients

- 2 lbs turkey thighs
- 1 lemon, zest
- 1 tsp onion powder
- 1 tbsp sweet Asian chili sauce
- 1 tbsp Dijon mustard
- 2 tbsp ketchup
- 2 tbsp soy sauce
- 2 tbsp brown sugar
- 1/4 tsp salt
- 2 tbsp olive oil
- 2 tbsp rice vinegar
- 1 can crushed pineapple
- Green onions, sliced to garnish

Directions

1. In a bowl, combine all ingredients for marinade. Pour marinade over turkey thighs and allow to marinate for at least 1 hour or overnight.
2. Heat up your grill. Grill turkey thighs until they reach an internal temperature of 165°F.
3. Serve with sides, such as grilled asparagus, watermelon and garlic bread.

ASIAN BARBECUE TURKEY MARINADE

Another great marinade for grilled Turkey Thighs:

- 3/4 c barbecue sauce
- 1/4 c sliced green onions, white and green parts
- 3 tbsp reduced-sodium soy sauce
- 2 tbsp sesame seeds, toasted
- 1 tsp minced garlic
- 1 tsp fresh ginger root, peeled and minced.

Combine all ingredients and prepare turkey thighs using the above recipe.

BUFFALO TURKEY SKEWERS

Serves 4, Beginner Recipe

Ingredients

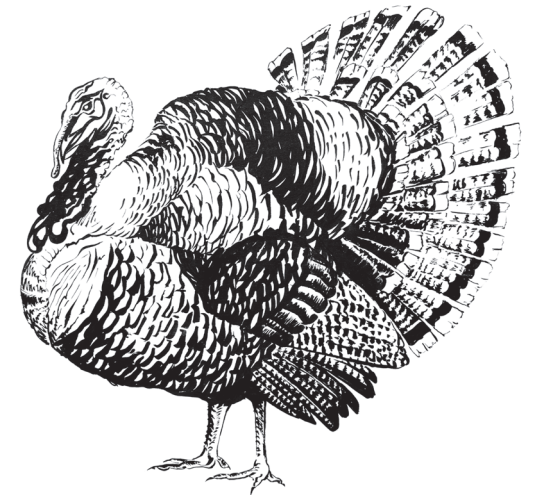
- 2 whole turkey breasts
- 1 c hot sauce
- 8 oz unsalted butter
- 1 tbsp salt
- 1 tbsp pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp chili powder
- 1 tsp paprika
- 1 c green pepper
- 1 sweet onion
- 1 c button mushrooms

Directions

1. Cube turkey breast into 1-to-2-inch cubes and skewer evenly on four skewers.
2. Season turkey skewers with salt, pepper, garlic, onion, chili and paprika.
3. Heat the grill to medium-high heat. Place a small sauce pot on the grill to warm. Add hot sauce and butter to the pot and mix well to make Buffalo sauce.
4. Slice and skewer veggies. We used green pepper, onion and mushrooms, but you can add in your favorite grilling veggies.
5. Place all skewers on the grill, rotating every 2-3 min until an internal temperature of 165°F has been reached. Drizzle with Buffalo sauce every time you turn. Keep rotating and drizzling until fully cooked. Serve up and enjoy!

Word Scramble Answers:
Turkey, Drummette, Gobble, Feathers

YOUR INDIANA TURKEY FARMERS PRESENTS: June is Turkey Lovers Month!



For More Information:



www.IndianaTurkey.com

Two Ways to Thaw a Whole Turkey

REFRIGERATOR METHOD

The key to this method is to plan ahead and allow approximately 24 hours for every four to five pounds of bird weight for thawing in the refrigerator. Be sure to place the bird, in its original wrapping, on a shallow baking sheet in the refrigerator.

COLD WATER METHOD

If you need to thaw the turkey more quickly, you may thaw the bird in COLD water, in the original wrapping. The cold water must be changed every 30 minutes. Allow approximately 30 minutes per pound using this method.

WORD SCRAMBLE

Y K R T E U

REMTDMUMTE

BGLEOB

SATEFHRE

TURKEY: The Perfect Protein

ECONOMICAL

Turkey is a great way to trim grocery expenses by making use of the entire bird and incorporating the leftovers into future meals.

NUTRITIOUS

3 ounces of skinless turkey breast has more protein than chicken or beef and zero percent saturated fat.

VERSATILE

The wide range of cuts and products available, such as ground turkey, turkey sausage and turkey breast cuts, are easy to incorporate into any meal.

TASTY

The mild taste of turkey combines readily with most seasonings, making it an ideal choice in spicy ethnic dishes or as a substitute for higher-fat meats in your favorite recipes.

Turkey Trivia

- » Only Tom (male) turkeys gobble. Hen (female) turkeys make a clicking noise.
- » Turkeys have approximately 3,500 feathers at maturity.
- » A turkey typically has about 70% white meat and 30% dark meat.
- » A cooked, whole turkey is about 2.8 servings per pound.

TURKEY PARTY MEATBALLS

Party Appetizer, Beginner Recipe

Ingredients

- 1 ½ pounds 93% lean ground turkey
- ⅔ c panko bread crumbs
- 1 small shallot, minced
- 2 cloves of garlic, minced
- 1 egg, beaten
- ½ tsp salt
- ¼ tsp pepper
- ¼ c fresh parsley, finely chopped
- 1 tbsp extra virgin olive oil

Directions

1. In a large bowl, gently mix the turkey, bread crumbs, shallot, egg, salt, pepper and parsley by hand until combined. Shape mixture into eighteen 1 1/2 inch meatballs.
2. Heat olive oil in a large non-stick skillet over medium high heat. Add the meatballs, flipping occasionally to make sure all sides are golden brown. Use a meat thermometer to ensure the internal temperature reaches 165°F.
3. Transfer to a paper towel-lined plate when they are done.
4. To serve, place in a platter alongside your dipping sauce of choice, think: marinara, Alfredo, Thai peanut, blue cheese, etc.

Chef Tip

Here's a tip: grab some dip! Turkey Party Meatballs keep your spread stress free while providing your guests with a filling and fun option to enjoy. These meatballs are great on their own as an appetizer. But they also make for a simple base for a variety of dishes!