

# Turkey Tidbits

BY ALBERTA TURKEY PRODUCERS

## NUTRITION



Turkey is **LOW IN FAT & CHOLESTEROL.**

A diet that is low in fat promotes a healthy heart and circulatory system



Turkey is an **EXCELLENT** source of **NIACIN**, which is a B vitamin important for the maintenance of good health



Dark turkey meat is an **EXCELLENT** source of **ZINC**, which is needed for a healthy immune system and for healing cuts and scrapes



Turkey is **VERY HIGH** in **PROTEIN**, which is necessary for renewal and maintenance of body tissues

Protein is also an important source of **ENERGY**

## PRODUCTION

Males are called **TOMS**

Females are called **HENS**

A baby turkey is called a **POULT**

and a group of turkeys is called a **FLOCK**

Turkeys are fed a healthy diet of

**CORN,**  
**SOYBEAN MEAL,**  
**WHEAT,**  
and other ingredients, as well as **VITAMINS** and **MINERALS**

there are no

**HORMONES**  
**OR**  
**STEROIDS**

used in **CANADIAN TURKEY**

Turkeys have free access to feed **24 hours a day**

which means they can help themselves to food or water at any time

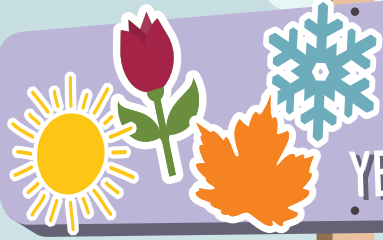
it takes

**28 DAYS**

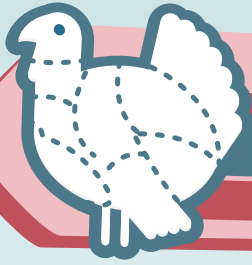
for a turkey egg to hatch



## FUN FACTS



**TURKEY**  
is available in your  
local grocery stores  
**YEAR ROUND**



You can purchase  
a variety of cuts,  
ground turkey,  
or whole birds!



All the turkey you buy in grocery stores  
has been produced by a  
**LOCAL ALBERTA TURKEY FARMER.**

In 2014 Canadians consumed

**8,500,000**

whole turkeys!

## FOOD SAFETY



All turkey meat should be cooked  
to a safe temperature of

**165°F (74°C)**

Use a food thermometer to tell if your meat  
is at the right temperature!

**NEVER** thaw a turkey at  
room temperature!

Defrosting frozen meat in the  
refrigerator is the safest way  
to thaw any meat.



## Turkey Joe Recipe

### INGREDIENTS

#### Barbeque Sauce:

- 1 tbsp (15 ml) canola oil
- 1 medium yellow onion, chopped
- 2 cloves garlic, minced
- 1/2 cup (125 ml) water
- 1 tbsp (15 ml) brown sugar
- 1/2 cup (125 ml) tomato paste
- 1/4 cup (50 ml) vinegar
- 1 tbsp (15 ml) worcestershire sauce
- 1/2 tsp (2 ml) hot pepper sauce
- 1/2 tsp (2 ml) ground cumin seed
- 1/2 tsp (2 ml) celery seed
- 1/2 tsp (2 ml) paprika
- 1/2 tsp (2 ml) oregano

#### Joes:

- non-stick cooking spray
- 1 lb (500 g) Canadian ground turkey
- 1/2 cup (125 ml) green pepper, chopped
- 1/2 medium yellow onion, chopped fine
- salt and pepper to taste
- 3 whole-wheat sandwich buns, split

### DIRECTIONS

#### Barbeque Sauce:

1. In canola oil, over medium heat, sauté onion and garlic for 3-5 minutes or until tender.
2. Add water, sugar, tomato paste, vinegar, worcestershire sauce, hot pepper sauce and spices.
3. Reduce heat and simmer for 5 minutes, stirring frequently. Remove from heat.

#### Joes:

1. Spray non-stick skillet with cooking spray.
2. Over medium-high heat, brown turkey 8-10 minutes, stirring occasionally.
3. Add green pepper and onion and sauté 3-5 minutes.
4. Stir in prepared barbeque sauce and season with salt and pepper.
5. Cook another 2-3 minutes over medium-low heat stirring frequently. Remove from heat. Serve in equal portions on whole-wheat sandwich bun halves.