TODAY’S TURKEY: TASTES GREAT, ANY TIME OF DAY!

From the variety of turkey parts and products available to the countless options for preparation, take advantage of turkey’s satiating lean protein and terrific taste at every meal.

BOOST YOUR BREAKFAST
KICKSTART YOUR DAY WITH A COMBINATION OF LEAN PROTEIN, COMPLEX CARBS AND FIBER.

• Add turkey bacon or turkey sausage to your usual breakfast fare.
• Make a quick turkey scramble using last night’s turkey leftovers.
• Make turkey sausage patties—using fresh ground turkey mixed with minced onion, fennel seeds, oregano and black pepper.
• A turkey frittata is a great way to start the day and takes just 20 minutes.

SNACK TIME
POWER-UP WITH THESE ENERGIZING AND NUTRITIOUS TURKEY SNACKS.

• Roll a slice of turkey around a carrot, zucchini or jicama stick and dip in salsa for a healthy crunchy snack.
• Turkey meat, apple slices and a few almonds are a great midday pick-me-up.
• Top celery with veggie cream cheese and sliced deli turkey.
• Wrap sliced turkey around a pretzel rod and dip in honey mustard.

LET’S DO LUNCH
LIVEN UP LUNCHTIME WITH TURKEY IDEAS LIKE THESE.

• Add sliced avocado or guacamole to the traditional club sandwich.
• Add bold condiments like horseradish, sriracha or salsa to spice up your sandwich.
• Top your favorite green salad with grilled or roasted turkey breast.
• Mix it into a couscous, quinoa or sorghum salad.
• Try turkey tortilla soup or a turkey quesadilla with cranberry salsa.
• Mix up a batch of turkey gumbo to enjoy throughout the week.
• Opt for a turkey Reuben (a.k.a “Rachel”).

WHAT’S FOR DINNER?
TRY THESE QUICK, UNEXPECTED TURKEY DINNERS FOR A DELICIOUS DEPARTURE FROM THE ROUTINE.

• Pound turkey cutlets flat and roll with dried fruits.
• Bread and pan fry cutlets - top with marinara sauce and parmesan cheese.
• Flavor turkey tenderloin or turkey thighs with Mediterranean spices or smoked paprika.
• Choose from hundreds of turkey stews, soups and chili.
• Slow-cook turkey cutlets for an easy, mouth-watering dinner treat.

Visit ServeTurkey.org for more informational sheets, facts and recipes for everything turkey!