

Talkin' Turkey

A protein that struts its stuff



VERSATILE

AND TURKEY'S VERSATILITY MAKES IT A **UTILITY PLAYER** ON THE STOVETOP, OVEN OR GRILL.

POPULAR CUTS OF TURKEY INCLUDE:

BREAST

WING

THIGH

LEG (DRUMSTICK)

TURKEY CAN BE SUBSTITUTED IN MANY RECIPES FOR CHICKEN OR AS A **LEANER OPTION** COMPARED TO PORK OR GROUND BEEF (WITH SMALL ADJUSTMENTS IN COOKING TIME).

DYK

7/10 AMERICANS OWN A GRILL OR SMOKER*



FLAVORFUL

TURKEY DRINKS IN THE FLAVOR OF SPICES AND INGREDIENTS USED TO SEASON IT.

SAUCES, RUBS AND BRINES ARE ALL A GREAT WAY TO AMPLIFY THE NATURAL FLAVOR OF TURKEY.

DARK MEAT CUTS (LEG, THIGH AND WING) CONTAIN MORE **MYOGLOBIN** THAN WHITE BREAST MEAT. THE MORE MYOGLOBIN, THE RICHER THE NUTRIENTS, SO DARK MEAT SOAKS IN FLAVORS OF MARINADE OR SPICE BETTER THAN ANY OTHER CUT.

TURKEY MAY BE THE STAR OF THE HOLIDAYS, BUT IT SHINES IN A VARIETY OF CUISINES AND FLAVOR PROFILES.**

SMOKY 39%

SAVORY 38%

ETHNIC 25%

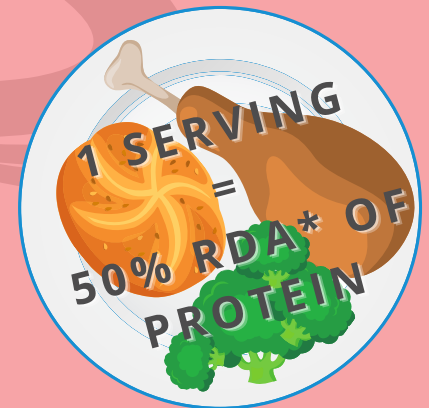
SPICY 23%



HEALTHY

TURKEY IS NATURALLY LOW-FAT, LOADED WITH **PROTEIN** AND PROVIDES IMMUNE-BOOSTING NUTRIENTS SUCH AS **IRON, ZINC, POTASSIUM AND CHROMIUM**.

THE RECOMMENDED DIETARY ALLOWANCE (RDA) OF PROTEIN FOR THE AVERAGE ADULT IS 5-6.5 OZ PER DAY. ONE SERVING OF TURKEY IS ROUGHLY 3.5 OZ.***



VITAMINS AND MINERALS FOUND IN TURKEY, INCLUDING **NIACIN, B6 AND RIBOFLAVIN**, HELP BUILD HEALTHY BONES AND TEETH.

***TRYTURKEY**

*2018 Hearth, Patio and Barbecue Association
**2019 Technomic, Inc., Center of the Plate: Poultry
***MyPlate.gov