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SLICE CALORIES WHILE SLICING TURKEY THIS THANKSGIVING

Ohio turkey farmers share tips on how to add a healthy twist to your holiday turkey

COLUMBUS – Thanksgiving is quickly approaching, and Ohio families will soon be heading to local grocery stores to pick up a turkey. With all of the holiday feasts, it is often easy to lose track of healthy eating habits. Thankfully, there are many easy ways to fully indulge in Thanksgiving turkey this year without worrying about your waistline.

“Enjoying a delicious turkey is a Thanksgiving tradition for many families—in fact, 31 percent of all turkey consumed is eaten during the holiday season,” said Jim Chakeres, executive vice president of the Ohio Poultry Association (OPA). “There are several tips you can keep in mind when preparing your turkey to ensure it is healthy without sacrificing taste.” He added that Ohio ranks 8th in the country in turkey production.

Ohio turkey experts recommend a few simple ideas for adding a healthy twist to turkey dinners:

Switch it up. Instead of cooking your turkey with butter, use a mixture of olive oil and ingredients such as onions, garlic and fresh herbs, such as rosemary sage and thyme, or just salt and pepper. Or, try cooking it with lemon and lime juice, such as Citrus Roasted Turkey.

Gravy. Turkey gravy is delicious—lighten it up with one easy step! When the turkey has reached an internal temperature of 170°F and is finished cooking, pour the pan drippings into a gravy separator to remove fat. Then, mix the defatted drippings together with your favorite gravy ingredients—such as vinegar and brown sugar—and warm as usual into tasty turkey gravy.

Skip the skin. Avoid including the skin when carving the Thanksgiving bird. Instead, serve the tasty meat skin-free. Simply choosing not to eat the turkey skin will save big on calories and fat.

Leftovers. Instead of using turkey leftovers to make higher-calorie entrees, use it as a salad topping or in soup with fresh chunky vegetables.

“Turkey is naturally lean and is an excellent source of protein, iron, zinc potassium and B vitamins,” said Chakeres. “Including Ohio turkey in your diet is a great way to stay healthy, and consumers shouldn’t feel guilty adding an extra slice of turkey to their plates this Thanksgiving!”

For more information on purchasing tips, turkey recipes or nutritional benefits, visit the OPA website at www.ohioturkey.org.

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See turkey recipe below.



Citrus Roasted Turkey

Ingredients:

- 15 lb. whole turkey, fresh or frozen (thawed)
- 3 Large lemons
- 2 Large limes
- 2 Teaspoons salt
- 1/2 Teaspoon freshly ground black pepper
- 1/4 Cup dry white wine
- 1/4 Cup brown sugar, packed
- As needed pan gravy
- 1 Bunch fresh sage
- 1 Bunch fresh marjoram
- 1 Bunch fresh thyme

To taste salt and freshly ground pepper
2-3 Tablespoon salad oil

1. Remove giblets and neck from turkey; reserve for gravy. Rinse turkey with cold running water and drain well. Blot dry with paper towels.
2. Peel skin from lemons and limes to make rose garnishes. Reserve in refrigerator.
3. Squeeze enough juice from the lemons and limes to equal 2 tablespoons each. Cut the remaining lemons and limes in half and place in the turkey cavity. Sprinkle salt and pepper in the cavity.
4. In a small bowl, mix the wine, brown sugar and citrus juices; reserve for glaze.
5. Gently loosen skin from the turkey breast without totally detaching the skin and carefully place 1 tablespoon each fresh sage, marjoram and thyme under the skin. Replace the skin.
6. Fold neck skin and fasten to the back with 1 or 2 skewers. Fold the wings under the back of the turkey. Return legs to tucked position.
7. Place turkey, breast side up, on a rack in a large shallow (about 2-inches) roasting pan. Rub turkey with salt, pepper and 2 to 3 tablespoons of salad oil. Insert oven-safe food thermometer into the thickest part of the thigh, being careful that the pointed end of the thermometer does not touch the bone.
8. Roast the turkey in a preheated 325 degree F oven about 3-3/4 hours. During the last hour of roasting time, baste with the pan drippings. During the last 30 minutes, baste with the citrus glaze. Loosely cover with lightweight foil to prevent excessive browning. Continue to roast until the thermometer registers 180 degrees F in the thigh or 170 degrees F in the breast.
9. Remove turkey from the oven and allow it to rest for 15-20 minutes before carving.
10. Garnish with the remaining fresh herbs and lemon and lime roses.
11. Prepare lemon and lime roses as follows: with a small sharp knife or vegetable peeler, cut a continuous thin 1-inch strip of peel. Avoid cutting into the white pith. Roll tightly, skin inside out and secure with toothpicks. Reserve in a bowl filled with ice water until time for service.

Provides 15 servings at 8 ounces per portion.

Calories: 440

Fat: 22g

Protein: 53g