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**GOBBLE UP THESE THREE THANKSGIVING TURKEY LEFTOVER TIPS**

*Ohio turkey farmers share how to get the most from Thanksgiving turkey after the holiday celebration*

**COLUMBUS, Ohio** – The essence of Thanksgiving revolves around abundant food, family and friends – with the turkey serving as the main centerpiece. According to the United States Department of Agriculture, more than 90 percent of Americans will gobble up turkey this holiday season. That adds up to more than 600 million pounds of turkey.

“A turkey at Thanksgiving is the epitome of the holiday,” said Jim Chakeres, executive vice president of the Ohio Poultry Association (OPA). “However, for many Ohioans, the best part of the dinner happens the day after when the leftovers begin.”

Here are a few recommendations from the Ohio turkey experts on how to store and prepare excess turkey to use leftovers to their fullest potential:

*Package properly.* [Storage](#) can extend or shorten the shelf life of leftovers. To keep foods fresh and safe, use plastic wrap or air-tight containers instead of foil to reduce air and oxygen exposure. Put foods away as soon as possible to decrease the chances of bacterial growth. Turkey can be kept for a few days refrigerated or months if frozen.

*Share with others.* Before attempting to push extra food to the back of the refrigerator, prepare some leftovers to send home with guests. Not only will it save space, but the family can surely use some options for weekend meals.

*Try new recipes.* There are many resources for unique recipe ideas besides grandma’s cookbook. [Pinterest](#), blogs and websites provide easy, flavorful options for the remaining turkey and side dishes. One of the most popular recipes OPA recommends is the [Turkey, Mandarin and Poppy Seed Salad](#).

“With current health discussions, many families seek nutritious, tasty options to fill our stomachs,” said Chakeres. “Turkey is a naturally lean source of protein and B vitamins that can complement other meal options after the holiday passes, while pleasuring your taste buds.”

For more information on purchasing tips, turkey recipes or nutritional benefits, visit the OPA website at [www.ohioturkey.org](http://www.ohioturkey.org). For delicious leftover recipe ideas, visit OPA’s Pinterest page at [www.Pinterest.com/OhioPoultryAssn](http://www.Pinterest.com/OhioPoultryAssn).

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*See Turkey, Mandarin and Poppy Seed Salad below.*

# Turkey, Mandarin and Poppy Seed Salad

Recipe by: The National Turkey Federation

## Ingredients

¼ cup Orange Juice  
1 ½ tablespoons Red Wine Vinegar  
1 ½ teaspoons Poppy Seeds  
1 ½ teaspoons Olive Oil  
1 teaspoon Dijon-Style Mustard  
5 cups Red Leaf Lettuce, washed, dried, chilled and torn  
2 cups Baby Spinach Leaves, washed, dried, chilled and torn  
½ pound Cooked Turkey Breast, cut into ½-inch julienne  
1 can (10 ½ ounces) Mandarin Oranges  
1 teaspoon Orange zest

## Directions

Dressing: In small bowl, combine orange juice, vinegar, poppy seeds, oil, mustard and 1/8 teaspoon freshly ground black pepper. Set aside.

Salad: In large bowl toss together lettuce, spinach, turkey and oranges. Pour dressing over turkey mixture. Garnish with orange zest and serve immediately.

