



**FOR IMMEDIATE RELEASE:**

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## **OHIO POULTRY ASSOCIATION SHARES FIVE TIPS FOR PREPARING THANKSGIVING TURKEY AND HOLIDAY LEFTOVER RECIPES**

*Ohio Turkey Experts Advise Consumers of Turkey Cooking Best Practices and Offer Ideas to Reinvent Leftovers*

**COLUMBUS, Ohio** – The [Ohio Poultry Association](#) (OPA) is sharing their top five tips for preparing the perfect Thanksgiving turkey and offering their signature recipes using turkey leftovers.

“As the voice for Ohio’s turkey farmers, we are honored to share our expert cooking and food safety tips during the Thanksgiving season and year-round,” said Jim Chakeres, OPA executive vice president. “Thanksgiving is the perfect opportunity to recognize not only the substantial impact turkey has on the Ohio economy, but the nutritional value turkey provides to consumers nationwide.”

Ohio turkey experts recommend these five tips for preparing the perfect turkey:

1. When purchasing the perfect turkey, allow one pound of turkey per person for a fresh or frozen bird. This will provide enough for dinner and sufficient leftovers.
2. If using a frozen turkey, allow approximately 24 hours for every 4 pounds of bird weight for thawing in the refrigerator. Cook within four days of thawing.
3. Plan to cook the Thanksgiving turkey for 20 minutes per pound in a 325 degrees F oven for a defrosted or fresh turkey.
4. Remove turkey from the oven when a meat thermometer reads 165 degrees F at the breast and 175 degrees F at the thigh.
5. Let turkey stand for 20 minutes after removing from the oven before carving to allow juices to set.

To utilize Thanksgiving leftovers, OPA is sharing their signature recipes for [Turkey Sweet Potato Hash with Baked Eggs](#) and [Turkey Vegetable Hash Brown Quiche](#), perfect for a post-Thanksgiving breakfast or brunch. (Recipes listed following release)

In honor of the Thanksgiving holiday, OPA is also highlighting the nutritional benefits of turkey. High in protein, naturally low in fat and available in a variety of cuts, turkey satisfies appetites while providing immune-boosting nutrients including iron, zinc and potassium. A three-ounce serving of boneless, skinless turkey breast contains 26 grams of protein, one gram of fat and zero grams of saturated fat.

Ohio ranks ninth nationally in turkey production with more than 236 million pounds of turkey produced each year. In 2016, the value of turkey produced in Ohio was nearly \$196 million.

Ohio turkey farmers are committed to providing safe, affordable food for consumers and caring for their flocks and the environment during the holidays and all year-long.

For more information and additional recipes, visit [www.ohioturkey.com](http://www.ohioturkey.com) or [www.serveturkey.org](http://www.serveturkey.org).

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*See full recipes listed below.*

## **Turkey Sweet Potato Hash with Baked Eggs**

### Ingredients

2 T olive oil, divided  
1/3 cup onion, ¼-inch dice  
1 clove garlic, minced  
1 pound roast turkey, ½-inch dice  
1 large baked sweet potatoes, ½-inch dice  
1 large baked potatoes, ½-inch dice  
2 T ketchup  
2 T Dijon mustard  
1 teaspoon fresh thyme leaves (or ½ teaspoon dried)  
2 T chopped fresh parsley  
2 T water  
Salt and pepper to taste  
4 Eggs

### Directions

Heat 1 tablespoon oil over medium-high heat in a 12-inch non-stick, ovenproof skillet. Add onion; cook 2-3 minutes, stirring often. Add garlic, and cook an additional 2-3 minutes, again stirring often. Add turkey and potatoes and remaining olive oil, continue to cook until golden brown and heated through.

Mix ketchup, mustard, thyme, parsley and water in a small bowl. Stir ketchup mixture into turkey/potatoes. Season with salt and pepper, to taste. Reduce heat to medium, continue to stir for an additional 4-5 minutes.

Make 4 “wells” into hash mixture. Break an egg into a small bowl and transfer egg to the “well.” Repeat until 4 wells are filled with an egg. Transfer skillet to 350-degree, preheated oven. Bake 20-22 minutes, or until egg whites are firmly set and yolks are to your desired degree of doneness.

Serves 4.

## **Turkey Vegetable Hash Brown Quiche**

### Ingredients

#### CRUST:

1 egg  
2 cups frozen shredded hash brown potatoes (12 ounces), defrosted  
¼ tsp salt  
¼ tsp pepper

#### QUICHE:

2 cups frozen vegetables which have been defrosted  
1 ½ cup cooked turkey  
5 eggs  
1 cup milk  
½ tsp salt  
¼ tsp pepper  
3 TBSP sliced almonds

### Directions

Heat oven to 375 degrees. Beat one egg, salt and pepper in medium bowl until blended. Add potatoes and mix well. Press evenly against bottom and sides of a greased deep 9-inch pie plate. Bake in 375 degree oven for 5 minutes.

Spread vegetables evenly in crust and top with turkey. Beat 5 eggs, milk salt and pepper in medium bowl until blended. Carefully pour over turkey and vegetables. Sprinkle with almonds.

Bake in center of 375-degree oven until center is almost set, but jiggles slightly when dish is gently shaken and knife inserted near center comes out clean (about 45 minutes). Let stand 5 minutes. Cut into wedges and serve.

Serves 6.