

# TODAY'S TURKEY:

## TASTES GREAT, ANY TIME OF DAY!

Today's  
**TURKEY**  
*Serve up something unexpected*

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.

Visit [ServeTurkey.org](http://ServeTurkey.org) for more informational sheets, facts and recipes for everything turkey!

### BOOST YOUR BREAKFAST

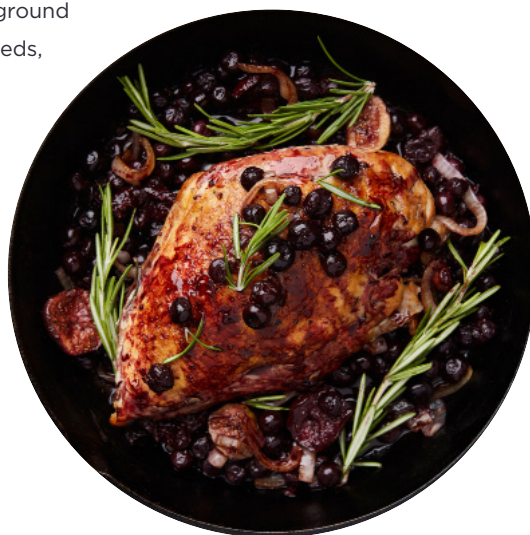
**KICKSTART YOUR DAY WITH A COMBINATION OF LEAN PROTEIN, COMPLEX CARBS AND FIBER.**

- 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.

### 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").



### 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.

### 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.