WHAT TO GRILL
Turkey tenderloins/cutlets, bone-in breasts, drumsticks, thighs and ground turkey are perfect for grilling.

BEFORE YOU GRILL
Apply a thin coating of non-stick vegetable cooking oil to the unheated grill rack to reduce sticking. Brush or spray the outer surface of turkey meat with light flavored cooking oils. All cuts are delicious when marinated in bold, rich flavors, then grilled.

GRILLING TIPS
Turkey will brown quickly. Always cook turkey tenderloins, cutlets, breast, bone-in, burgers and sausages to the internal temperature of 165°F and drumsticks and thighs to the internal temperature of 175°F according to a food thermometer.

Rotate all cuts often to maintain juiciness and enhance flavor.

Use tongs and spatulas! Piercing the turkey meat causes flavorful juices to escape.

Apply sauces or glazes containing sugar during the last 10-15 minutes to avoid burning.

Grill time varies!
The size and shape of the cut of meat, the distance from the heat, temperature of the coals and the outside air temperature will all affect grilling time.

Direct grill using medium-high heat for small turkey cuts that require 25 minutes or less cooking time (turkey burgers, breast tenderloins, and cutlets).

Grill with the lid closed to evenly circulate heat, prevent flare-ups and reduce fuel use.

Searing: the leaner the cut (cutlets), the higher the heat can be; meatier cuts (thigh), should be seared at a slightly lower heat.

ALWAYS REMEMBER: FOOD SAFETY FIRST
Prevent cross-contamination:

• Use separate cutting boards for raw meats and vegetables.
• Carefully clean all cutting boards, countertops and utensils with soap and hot water.
• Wash hands frequently (vigorously with soap and water for about 20 seconds) as you shift between handling each type of raw food.
• Keep raw meats separate from prepared foods. Never place cooked meat on a plate used for raw meat.
• Always rely on a meat thermometer, inserted into the thickest portion of the meat away from the bone, to confirm proper cooked temperature.
• Refrigerate any leftovers promptly in shallow containers. Discard any food left out for more than 2 hours (1 hour if temperatures are above 90°F).
• Never reuse marinade as a sauce at the table.

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>METHOD</th>
<th>TIME</th>
<th>INTERNAL TEMPERATURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>TURKEY BURGERS (4-ounces each)</td>
<td>Direct/ Medium</td>
<td>5-6 min/side</td>
<td>165°F</td>
</tr>
<tr>
<td>TURKEY TENDERLOIN/ CUTLETS (8-ounces each)</td>
<td>Direct/ Medium</td>
<td>15-20 min</td>
<td>165°F</td>
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<tr>
<td>TURKEY SAUSAGES (4-ounces each)</td>
<td>Indirect/ Medium</td>
<td>18-22 min</td>
<td>165°F</td>
</tr>
<tr>
<td>TURKEY DRUMSTICKS &amp; THIGHS (8-ounces each)</td>
<td>Indirect/ Medium</td>
<td>45-60 min</td>
<td>175°F</td>
</tr>
<tr>
<td>TURKEY BREAST BONE-IN (4-7 pounds)</td>
<td>Indirect/ Medium</td>
<td>1hr, 45 min</td>
<td>165°F</td>
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</tbody>
</table>
TODAY’S TURKEY: TASTES GREAT, ANY TIME OF DAY!

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.

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.

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.

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”).

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.