



TURKEY, BREAST, COOKED, DELI-STYLE, FROZEN

Date: November 2012 Code: 110245

PRODUCT DESCRIPTION

- Deli turkey breast is produced from young ready-to-cook turkeys, containing no more than 10% added ingredients, which include water, salt, sugar, binders and phosphates. Turkey breasts are individually wrapped and vacuum packaged in shrinkable oxygen and moisture proof bags or casings.

PACK/YIELD

- Turkey breasts are 3.25 lbs, packed frozen. One pound of frozen turkey will provide about 8 servings (about 2 ounces each) of deli style turkey breast.

STORAGE

- Keep turkey frozen at 0 degrees F until ready to use.
- After heating, store any leftover turkey in a container not made from metal in the refrigerator.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- To thaw turkey breast in the refrigerator, place unwrapped turkey on a plate or in a bowl.
- DO NOT refreeze after thawing or heating.

USES AND TIPS

- Because turkey breast is fully cooked, it is safe to eat without anymore cooking.
- Use sliced turkey breast in cold or hot sandwiches, or chop and sprinkle on top of salads or soups.
- Use sliced or chopped turkey breast in omelets, casseroles, or on top of pizzas.

NUTRITION INFORMATION

- 2 ounces of turkey breast counts as 2 ounces in the MyPlate.gov Protein Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces. A serving is about 3 ounces.

FOOD SAFETY INFORMATION

- Keep frozen until ready to use; follow proper directions listed under Preparation/Cooking.
- DO NOT thaw turkey breast on countertops or at room temperature.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: 2 ounces (57g) cooked turkey breast

Amount Per Serving

Calories 97 **Calories from Fat** 25

% Daily Value*

Total Fat 2.8g **4.3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 43mg **14%**

Sodium 40mg **2%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 17g

Vitamin A 0% Vitamin C 0%

Calcium 1% Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

TURKEY RICE CASSEROLE

MAKES ABOUT 6 SERVINGS

Ingredients

- 2 ½ to 3 cups cooked rice
- ½ cup onion, finely chopped
- 1 garlic clove, chopped
- 2 cups turkey breast, chopped
- 1 can low-sodium chicken broth
- ½ cup nonfat instant milk, prepared
- ½ cup all purpose flour
- 2 tablespoons light buttery spread
- ½ cup reduced-fat cheddar cheese, shredded
- ¼ cup cornflakes, crushed for topping

Directions

1. Combine cooked rice, chopped onion, and garlic put in a shallow baking dish.
2. Top rice mixture with chopped turkey.
3. Mix broth with milk, flour, and light buttery spread. Pour over turkey.
4. Sprinkle cheese and cornflake crumbs over top. Bake at 350 degrees F for 30 minutes.

Nutritional Information for 1 serving of Turkey Rice Casserole							
Calories	267	Cholesterol	38 mg	Sugar	4 g	Vitamin C	2 mg
Calories from Fat	45	Sodium	141 mg	Protein	21 g	Calcium	118 mg
Total Fat	5 g	Total Carbohydrate	33 g	Vitamin A	97 RAE	Iron	3 mg
Saturated Fat	1.6 g	Dietary Fiber	1 g				

Recipe adapted from cooks.com

SHEPARD'S TURKEY PIE

MAKES ABOUT 8 SERVINGS

Ingredients

- 2 onions, sliced
- 1 garlic clove, chopped
- 2 tablespoons vegetable oil
- 4 cups turkey breast, chopped (or chicken)
- ¼ cup whole wheat flour
- 2 cups reduced-sodium chicken broth
- 2 cups low-sodium carrots, canned and drained
- 2 cups low-sodium tomatoes, canned and diced
- ½ teaspoon dried rosemary (if you like)
- 6 potatoes, baked, peeled and mashed

Directions

1. In a large saucepan, over medium heat, cook the onions and garlic in one tablespoon of oil for 5 minutes.
2. Add the turkey. Sprinkle in the flour and stir to blend.
3. Add the chicken broth, carrots, and tomatoes. If using rosemary, add that too. Cook over medium heat until thickened.
4. Oil casserole dish with remaining oil and pour in mixture.
5. Spread the potatoes over the top. Bake in oven at 375 degrees F for 20 to 30 minutes, or until browned.

Nutritional Information for 1 serving of Shepard's Turkey Pie							
Calories	447	Cholesterol	93 mg	Sugar	6 g	Vitamin C	23 mg
Calories from Fat	135	Sodium	358 mg	Protein	38 g	Calcium	101 mg
Total Fat	15 g	Total Carbohydrate	26 g	Vitamin A	602 RAE	Iron	5 mg
Saturated Fat	1 g	Dietary Fiber	3 g				

Recipe adapted from *the American Diabetes Association Holiday Cookbook*