



## TURKEY, ROAST, FROZEN

Date: July 2012

Code: 100125

### PRODUCT DESCRIPTION

- Turkey roasts are made from U.S. Grade A turkey breast meat, thigh meat, and turkey skin with salt and water added. They are frozen and ready to cook.

### PACK/YIELD

- Turkey roasts are 32-48 pounds containers packed frozen. One pound of frozen turkey will provide 3 ½ servings (about 3 ounces each) of cooked turkey.

### STORAGE

- Keep turkey frozen at 0 degrees F until ready to use.
- After cooking, 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 in the refrigerator, place wrapped turkey on a plate or in a bowl on the lowest shelf to catch any drippings or juice. Thaw overnight or for at least 10 to 12 hours.
- DO NOT thaw turkey at room temperature.
- If eating turkey heated, heat immediately after thawing; turkey should be heated to an internal temperature of 165 degrees F as measured by a thermometer. Cooked turkey may still be pink even though it is cooked through.
- To heat: Remove wrapping. Place turkey in pan. If frozen, roast in an oven for 3 ½ to 4 hours at 325 degrees F. If thawed, roast in an oven for 1 to 1 ½ hours at 325 degrees F.

### USES AND TIPS

- Turkey roasts may be cooked frozen or after they have been thawed.
- Turkey roasts can be roasted or baked in the oven or braised (cooked over low heat partially covered by liquid).
- Try chopping turkey roasts and using the meat in soups, casseroles, and sandwiches.
- Serve turkey roasts with steamed vegetables or side salad and potatoes or rice to make a complete meal.

### NUTRITION FACTS

Serving size: 3 ounces (85g) cooked turkey roast

#### Amount Per Serving

**Calories** 144 **Calories from Fat** 40

#### % Daily Value\*

<b>Total Fat</b> 4g		<b>7%</b>
Saturated Fat 1.4g		<b>7%</b>
<i>Trans</i> Fat 0g		
<b>Cholesterol</b> 65mg		<b>22%</b>
<b>Sodium</b> 60mg		<b>2%</b>
<b>Total Carbohydrate</b> 0g		<b>0%</b>
Dietary Fiber 0g		<b>0%</b>
Sugars 0g		
<b>Protein</b> 25g		
Vitamin A 0%	Vitamin C 0%	
Calcium 2%	Iron 8%	

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

## NUTRITION INFORMATION

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

## FOOD SAFETY INFORMATION

- Keep frozen until ready to use; follow proper directions listed under Preparation/Cooking.
- Always thaw in the refrigerator.
- Wash working surfaces (including cutting boards), tools, and hands after touching raw meat or poultry.

## OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

## TURKEY ROAST AND RICE SOUP

### MAKES ABOUT 8 SERVINGS

#### Ingredients

- 1 cup thawed turkey roast, chopped
- 4 celery stalks, chopped
- 4 carrots, peeled and sliced
- 1 onion, chopped
- 1 chicken bouillon cube
- 1 teaspoon black pepper
- 4 cups water
- 1 tablespoon margarine
- 1 cup rice, uncooked
- 1 can (about 15 ounces) low-sodium green beans, drained

#### Directions

1. In a large pot over high heat, add the turkey roast, celery, carrots, onion, bouillon cube, black pepper, and 4 cups of water. Bring to a boil, reduce the heat, and cook over low heat for 30 minutes.
2. Cook rice according to package directions.
3. Add cooked rice and green beans into the soup and stir. Cook for 5 more minutes.

#### Nutritional Information for 1 serving (about 1 cup) of Turkey Roast and Rice Soup

<b>Calories</b>	150	<b>Cholesterol</b>	10 mg	<b>Sugar</b>	3 g	<b>Vitamin C</b>	5 mg
<b>Calories from Fat</b>	30	<b>Sodium</b>	271 mg	<b>Protein</b>	7 g	<b>Calcium</b>	50 mg
<b>Total Fat</b>	3 g	<b>Total Carbohydrate</b>	26 g	<b>Vitamin A</b>	281 RAE	<b>Iron</b>	2 mg
<b>Saturated Fat</b>	1 g	<b>Dietary Fiber</b>	3 g				

*Recipe adapted from Commodity Supplemental Food Program Cookbook*

## PASTA WITH TURKEY AND PEAS

MAKES ABOUT 8 SERVINGS

### Ingredients

- 3 cups macaroni, dry
- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 cup turkey roast, chopped
- 1 can (about 15 ounces) low-sodium peas, drained
- 2 tablespoons Parmesan cheese

### Directions

1. Cook macaroni according to package directions.
2. In a medium-size skillet, cook onion in the oil until soft. Add turkey and peas and cook until hot, about 5 to 7 minutes.
3. Toss turkey and peas with cooked macaroni and sprinkle with Parmesan cheese.

Nutritional Information for 1 serving (about 1 ½ cups) of Pasta with Turkey and Peas							
<b>Calories</b>	260	<b>Cholesterol</b>	13 mg	<b>Sugar</b>	4 g	<b>Vitamin C</b>	5 mg
<b>Calories from Fat</b>	40	<b>Sodium</b>	129 mg	<b>Protein</b>	13 g	<b>Calcium</b>	50 mg
<b>Total Fat</b>	5 g	<b>Total Carbohydrate</b>	39 g	<b>Vitamin A</b>	16 RAE	<b>Iron</b>	2 mg
<b>Saturated Fat</b>	1 g	<b>Dietary Fiber</b>	4 g				

*Recipe adapted from Commodity Supplemental Food Program Cookbook*