



Turkey is one of the leanest and most nutritious proteins available!

Well it is. A 100 gram (3 ½ oz) serving of skinless, boneless, roasted white turkey meat contains a mere 130 calories and only 1 gram of fat. And it doesn't end there! Skinless, boneless, dark turkey meat roasted contains only 3 grams of fat and 140 calories per 100 gram (3 ½ oz) serving. Dark meat does contain slightly more fat than white meat, but both still have less than 3 grams of fat per serving! In addition to being low in fat, turkey is also low in cholesterol which makes it an ideal option for today's healthier eating trends both at home and out.

Did you Know?

- Turkey was one of the first foods on the moon. When astronauts Neil Armstrong and Edwin Aldrin ate their first meal on the moon it consisted of roast turkey and all the trimmings.
- The average turkey has about 3500 feathers.
- A male turkey is called a TOM. A female turkey is called a HEN. A baby turkey is called a POULT.
- Only tom (male) turkeys gobble. Hen (female) turkeys make a clicking noise.

News:

Turkey Tuesdays

During Christmas for 4 consecutive weeks every Tuesday, both **HOT 103** and **QX 104** will give away Christmas turkeys once an hour between 6 a.m. and 6 p.m. Stay tuned and claim your Turkey and pay one forward to a needy family or charity.



Recipe of the Month

Looking for something to do with your leftover turkey? Try this delicious Butter Turkey recipe!

Ingredients

910 g or 2 lb Turkey breast, skinless and boneless, cut into 1" cubes (Leftover turkey may also be used)
 5 ml or 1 tsp Salt
 30 ml or 2 tbsp Butter
 1 Onion, chopped
 2.5 ml or ½ tsp Cinnamon
 1 clove Garlic, minced
 2.5 ml or ½ tsp Turmeric
 5 ml or 1 tsp Chili powder

30 ml or 2 tbsp Ground almonds
 454 g or 1-16 oz can Whole peeled tomatoes
 15 ml or 1 tbsp Tomato paste
 15 ml or 1 tbsp Yogurt
 30 ml or 2 tbsp Coriander, chopped

Directions

Season turkey cubes with salt. In a large pot on medium, heat oil and sauté the turkey until browned, approx. 3 to 4 minutes. Remove turkey from pan and set aside. Set heat to medium low and melt butter in the pot. Add the onions and cinnamon and sauté until onions are soft and transparent. Add remaining ingredients, except the coriander, and mix well. Bring sauce to a boil and then reduce to simmer



for five minutes. Add turkey back into sauce and continue to simmer until turkey is cooked through, approx. 15 to 20 minutes. Remove from heat and add coriander. Serve over basmati rice.

Prep time: 30 minutes Serves: 6

Recipe and Photo courtesy of Turkey Farmers of Ontario



For more information and turkey recipes, please visit www.iLoveTurkey.ca