

TURKEY GRILLING THRILLS

Turkey, naturally high in protein and very low in fat, calories and cholesterol is the perfect choice for those who want to enjoy the great flavors of grilled foods, yet not sacrifice healthy eating. The menu possibilities for turkey are endless, and it's as easy as 1-2-3. There are a wide variety of turkey products available, be sure to match the grilling time with the product. Marinades and sauces easily complement turkeys naturally delicate mild flavor. Marinate turkey for 1 to 24 hours in glass bowl or plastic bag, (turning if turkey meat is not completely immersed). Sweet or tomato-based glazes and sauces can be applied to the turkey product during last 15 minutes of grilling time to add color and a flavorful coating.

DIRECT-HEAT GRILLING: The grill should be very hot with the turkey placed directly above heat. Lightly grease grill rack. This cooking method is for the smaller cuts that require less than 25 minutes of cooking time. Turn frequently to cook evenly.

INDIRECT-HEAT GRILLING: Use this method for larger turkey cuts for slower, even cooking. The heat should be reflected and circulated off interior surfaces of grill to create an overall-roasted appearance of turkey. Place foil or a drip pan directly under turkey, lightly grease top grill rack.

ROTISSERIE GRILLING: Use this method for whole turkeys or boneless turkey roasts weighing less than 12 pounds. Secure turkey on spit with wings tied to the breast. Place foil or drip pan under turkey. Make sure turkey is evenly balanced and rotates freely. Rely on a meat thermometer inserted in the thickest portion of turkey. Breast meat is done at 170 degrees, dark meat at 180 degrees.

Use the following chart as a guideline for grilling times.

TURKEY PRODUCT	METHOD	APPROXIMATE GRILLING TIME
Turkey Tenders (approx. 1/2 lb. Each)	Direct heat.	15 to 20 min.
Turkey London Broil (approx. 3 pounds)	Indirect heat	45 minutes to 1 hour
Turkey Burgers	Direct heat	2 minutes each side
Turkey Sausage	Direct heat	8 to 10 minutes
Turkey Hot Dogs	Direct heat	3 - 5 minutes (to heat)

ALL AMERICAN STUFFED TURKEY BURGER

1 pound ground turkey
1/4 cup quick rolled oats
1 egg/2 teaspoon garlic powder
Dash pepper
1/2 cup onion, chopped
1/4 cup dill pickle relish, drained

2 tablespoons ketchup
2 teaspoons prepared mustard
2 slices (1 ounce each) reduced-calorie and low-sodium American cheese, cut into 4 equal strips
Lettuce (optional)
Tomato sliced (optional)

1. Preheat grill for direct-heat grilling
2. In medium size bowl, combine turkey, oats, egg, garlic powder and pepper. Divide turkey mixture in half. On 2 pieces (each 10 x11 inch) wax paper, shape each half of turkey mixture into 6 inch diameter circles.
3. Sprinkle onions and relish over one circle of turkey mixture, leaving a 1/2 inch border around outside edges; top with ketchup & mustard. Arrange cheese strips, spoke-wheel fashion, over ketchup & mustard. Carefully place remaining turkey mixture circle on top of cheese. Remove top layer of wax paper. Press turkey mixture edges together to seal.
4. Invert giant turkey burger onto grill rack; remove wax paper. Grill burger 8 minutes per side, or until an internal temperature of 165 degrees F is reached. A greased wire grill basket is ideal to cook giant burger. If not available, use cookie sheets. To turn giant turkey burger grill rack.
5. Let cool 5 minutes, then cut giant burger into fourths.

Approx. Nutrient Content per serving: 269 calories; 27 grams protein; 14 grams fat; 8 grams carbohydrates; 559 mg sodium; 133 mg cholesterol

DAD'S FAVORITE TURKEY KEBABS

3 Ears fresh corn on the cob, cut into 1 inch pieces
2 medium zucchini, cut into 3/4 inch pieces
2 Red Bell peppers, cut into 1 inch cubes
1 pound Turkey Tenders, cut into 1 inch cubes

1/3 cup reduced-calorie Italian salad dressing
8 metal skewers
Additional salad dressing for grilling

1. In medium-size saucepan, over high heat, parboil corn about 5 to 8 minutes. Remove from water and plunge I into cold water.
2. In large glass bowl place corn, zucchini, peppers, turkey and dressing; cover and refrigerate 1 to 2 hours.
3. Preheat grill for direct heat grilling.
4. Drain marinade from turkey and vegetables and discard. Alternately thread turkey cubes and vegetables on skewers, leaving 1/2 inch space between turkey and vegetables.
5. Grill kebabs 18 t20 minutes, brushing with additional dressing. Turn skewers after first 10 minutes.

Approx. Nutrient Content per serving: 218 calories; 30 gm protein; 4 gm fat; 18 gm carbohydrates; 381 mg sodium 70 mg cholesterol

TIPS FOR OUTDOOR SAFE FOOD HANDLING

- 1. If running water is not available, use disposable wet hand-wipes to clean hands before, during and after handling foods.**
- 2. Keep perishable food items in a cooler which is well-insulated and packed with ice or freezer-pack inserts.**
- 3. Don't re-use utensils, plates or bowls that were in contact with raw turkey products. Use clean plates for serving cooked turkey.**
- 4. Put perishable leftovers back in cooler when meal is finished. They will keep safely for up to 5 hours.**