

TURKEY

CANNED, BONED

for use in the USDA Household
Commodity Food Distribution Programs

2/15/05

Product Description

Canned boned turkey is fully cooked and is packed in broth with added salt (0.5%) for flavor.

Pack

Canned boned turkey is packed in a 29-ounce can, which yields about 20 ounces chicken and skin after draining and heating. One can of turkey provides about 10 2-ounce servings.

Storage

- Store unopened cans in a cool, dry place until ready to use.
- After opening, store unused chicken in a tightly sealed non-metallic container and refrigerate. Use within 3 days.

Menu Ideas

- Canned boned turkey may be used in casseroles, salads, sandwiches, or soups.
- Add to tacos, enchiladas, fajitas, pizzas, or quesadillas, for a quick and easy meal.



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Nutrition Information

- **Canned boned turkey** is an extra lean source of protein.
- 2 to 3 ounces of turkey, or about $\frac{1}{3}$ to $\frac{1}{2}$ cup, provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

(See recipes on reverse side)

Nutrition Facts	
Serving size 2 ounces (57g) Canned boned turkey, drained	
Amount Per Serving	
Calories 92	Fat Cal 31
% Daily Value*	
Total Fat 4.0g	6%
Saturated Fat 1.0g	6%
Cholesterol 40mg	13%
Sodium 270mg	12%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 13g	27%
Vitamin A 0%	Vitamin C 2%
Calcium 1%	Iron 7%
*Percent Daily Values are based on a 2,000 calorie diet.	

Autumn Turkey Salad

4 cups canned turkey, drained
 ½ cup diced celery
 ½ cup raisins
 ½ cup dried cranberries
 ½ cup slivered almonds
 ⅓ cup chopped red onions
 1⅓ cup reduced-calorie mayonnaise
 ½ teaspoon salt
 ½ teaspoon ground pepper
 lettuce as needed

1. In a medium size bowl, combine all ingredients and mix well.
2. Cover and chill for at least 2 hours.
3. Layer a plate with lettuce leaves.
4. Portion each serving onto lettuce leaves; (optional) garnish with additional almonds.

Makes four - 1 cup servings

Recipe provided by The National Turkey Federation

Nutrition Information for each serving of Autumn Turkey Salad (without optional ingredients):

Calories	318	Cholesterol	55 mg	Sugar	0 g	Calcium	38 mg
Calories from Fat	153	Sodium	680 mg	Protein	18 g	Iron	2 mg
Total Fat	17.0 g	Total Carbohydrate	23 g	Vitamin A	1 RAE		
Saturated Fat	3.0 g	Dietary Fiber	2 g	Vitamin C	2 mg		

Alphabet Turkey Soup

1 can (16 ounces) tomatoes
 4 cups Turkey broth or reduced-sodium chicken bouillon
 2 teaspoons Italian seasoning
 ½ teaspoon salt
 ¼ teaspoon pepper
 1 cup onion, chopped
 1 cup carrots, peeled and thinly sliced
 4 cups cabbage, thinly sliced
 2 cups cooked turkey (cubed or chopped)
 ½ cup alphabet pasta (or any other type of pasta)

1. In a 5-quart saucepan, over medium heat, combine tomatoes, turkey broth, Italian seasoning, salt, pepper, onion, and carrot; bring to boil, stir occasionally.
2. Reduce heat to low and simmer 10 to 15 minutes or until carrots are tender; stir occasionally.
3. Add cabbage, turkey and pasta; stir and return to boil 5 to 10 minutes or until cabbage and pasta are tender.

Makes 8 - 1 cup servings

Recipe provided by The National Turkey Federation

Nutrition Information for each serving of Alphabet Turkey Soup:

Calories	121	Cholesterol	31 mg	Sugar	4 g	Calcium	54 mg
Calories from Fat	31	Sodium	630 mg	Protein	13 g	Iron	2 mg
Total Fat	3 g	Total Carbohydrate	10 g	Vitamin A	184 RAE		
Saturated Fat	1 g	Dietary Fiber	3 g	Vitamin C	30 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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