

SIMILAR INGREDIENTS, MULTIPLE MEALS

Shop once, eat twice: Successful tips for busy families.



FEATURED RECIPES
CAN BE PAIRED WITH
SIDE DISHES NOTED ON
PAGE 3.

Ingredients:

- 8 oz. pkg. cream cheese, softened**
- 2 cups salsa, divided**
- 2 cups cooked turkey or chicken breast, chopped or shredded**
- 2 cups shredded cheddar cheese, divided**
- 10 tortillas, 8 inches in size**
- 15 oz. can black beans**
- 15 oz. can tomatoes, diced with cilantro and chiles, drained**

Optional: nachos



Turkey Enchiladas

Directions:

1. Preheat oven to 350°F.
2. Spray a 13"x9" baking pan with non-stick spray.
3. Use a large skillet over low heat, stir together cream cheese and one cup salsa until cream cheese is melted. Stir in chicken, beans, tomatoes, and one cup of shredded cheese.
4. Divide mixture between tortillas and roll them up. Place filled tortillas in pan, seam-side down.
5. Top with remaining salsa and cheese.
6. Bake uncovered at 350°F for 25-30 minutes, or until heated through.
7. Serve immediately.

Note: There may be leftover meat mixture, this can be incorporated into nachos or other tacos another time. See tip for melting cheese on nachos on page 3.

Eat what's in season... Onions

Onions are available fresh and frozen for good nutrition. They are naturally fat-free, cholesterol free and very low in sodium. Plus, they are a good source of fiber and vitamin C. Onions can be eaten raw, sautéed, caramelized, baked, roasted or grilled.



Selection and Storage: Choose onions that are firm and have little-to-no-scent. Avoid bulbs with cuts, bruises, blemishes or mold. Onions will keep longer if not washed until just prior to preparation. Whole, dry bulb onions should be kept in a cool, dry, dark place with plenty of air movement. Do not store in a plastic bag.

Preparation hints:

- To reduce tearing, chill the onions for 30 minutes. Then, cut off the top and peel the outer layers leaving the root end intact, which has the highest concentration of sulphuric compounds that make your eyes water.
- To reduce pungency, cut the onions and place them into a bowl of ice water for 1-1/2 hours before draining or run water through the onion for 1 minute.
- Cooking quickly over high heat can cause onions to taste bitter.
- To remove onion smell from your hands, rub your hands with lemon juice.



Turkey Divan

Directions:

1. Preheat oven to 350°F. Grease 10 inch square casserole dish.
2. Prepare frozen broccoli in the microwave.
3. Place broccoli and turkey in the casserole dish.
4. In a small bowl, combine soup, mayonnaise, juice and paprika. Spread over turkey and broccoli. Sprinkle with cheese.
5. Bake about 20 minutes in 350°F. oven until internal temperature reaches 165°F. and cheese melts.

Note: Refrigerate left-over casserole immediately after eating. Reheat in a microwave oven until the internal temperature reaches 165°F.

Ingredients:

2 cups of left-over cooked turkey or chicken meat
12 oz. pkg. frozen broccoli, cooked (6 min. in microwave) and drained
10.5 oz. can cream of mushroom soup
½ cup mayonnaise
½ tsp. lemon juice
½ tsp. paprika
2 cups shredded cheddar cheese

Side Dish Spotlight

Below are a few side dish ideas to pair with our featured turkey recipes or to try on their own!

Roasted Brussels Sprouts and Red Onions in Air Fryer

¾ lb. Brussels sprouts, trimmed and halved

½ red onion, diced

1 Tbsp. olive oil

1 Tbsp. mince garlic

2 Tbsp. honey mustard dressing



Directions

1. Prepare Brussels sprouts and red onion. Place in a gallon bag. Add remaining ingredients. Shake. Leave to marinate for 30 minutes.
2. Preheat air fryer at 350°F.
3. Add marinated vegetables and cook for 15 minutes.

Colorful Dutch Coleslaw

2 cups coleslaw mix

½ cup shredded carrots

½ cup red onion, diced

3 radishes, thinly sliced

¼ cup cider vinegar

¼ cup sugar

2 T. olive oil



Directions:

In a large bowl, combine the vegetables. In a small bowl, combine dressing – vinegar, sugar and oil. Pour dressing over coleslaw and toss to coat. Cover and refrigerate until serving.

Easy Caramel Apples

1 Tbsp. water

4 vanilla caramels (1oz.)

2½ cups apples, bite size pieces

½ cup ice cream or whipped topping

2 Tbsp. granola



1. In a small dish, combine water and unwrapped caramels.
2. Place apple pieces in a 4 cup bowl. Cover and cook in microwave on Hi for 4 minutes.
3. Add small dish of caramels to microwave with the apple dish. Microwave for another 2 minutes until fruit is tender and caramels are soft.
4. Stir caramel mixture until nearly smooth.
5. Fold caramel mixture into the cooked apples.
6. Serve with ice cream or topping. Sprinkle with granola.

Secret on Melting Cheese on Nachos

Packaged, pre-shredded cheeses contain stabilizers which hinder their meltability. Shred your own cheese instead of chopping or tearing it: Smaller pieces will melt quicker, which means your nachos will be perfectly gooey without charred or overdone chips.

Selection, Handling, & Storage

Selection: Turkey can be purchased fresh or frozen. Frozen whole turkey can be purchase as pre-basted or un-basted. A pre-basted bird is injected with water, broth, vegetable oil and / or spices to enhance the flavor. When buying a whole turkey, you will probably want to purchase one pound per person. You can also purchase turkey parts such as breasts, thighs, legs and tenderloins.

Storage: A fresh whole turkey or fresh turkey parts may be stored in the refrigerator at 33°F to 40°F for 1 or 2 days before cooking. Frozen turkey can be purchased months ahead and stored in your freezer.

Plan on thawing taking about 1 day for every 5 pounds in the refrigerator or 30 minutes per pound if using a cold-water bath. Change the water every 30 minutes.

Cooking Safety: A meat thermometer should be used to determine the correct doneness. When the interior of the thickest part of the meat reaches 165°F, the turkey is properly cooked. When the meat is pierced with a fork, the juices will run clear.



Additional Tips: Leftover cooked turkey meat must be removed from the bones as soon as possible after the meal and refrigerated promptly. Placing leftovers in shallow containers in the refrigerator allows leftover cooked food to cool more quickly. Cooked poultry should be kept refrigerated for a maximum of 3-4 days.

Nutrient Profile: Copper

Copper is an essential mineral that is used as a cofactor for several enzymes. Cofactors are 'helpers'. Copper helps in processes like energy production, iron metabolism, making connective tissues, and making neurotransmitters (messengers used by our nervous system). The body only stores little amounts of copper so we rely on the foods we eat to provide what we need. Fun fact: majority of copper is absorbed in the upper small intestine.



Food Sources: Shellfish, organ meats (liver, kidney), muscle meats, mushrooms, chocolate, nuts, cereal grains, dried legumes, dried fruits.

Area 8 Health and Human Sciences Extension Educators can be found in Carroll, Cass, Clinton, Fulton, Grant, Howard, Miami, Tipton, and Wabash Counties.

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