

# 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:**

**1¼ lb. turkey tenderloins**

**4 cups red potatoes, cut in bite-sized pieces**

**2 cups Brussel sprouts, trimmed and halved**

## **Marinade:**

**½ cup dry white wine**

**¼ cup olive oil**

**1 tsp. dried tarragon leaves**

**½ tsp. salt**

**¼ tsp. coarsely ground pepper**

**⅛ tsp. garlic powder**

**1 tsp. Worcestershire sauce**

## Turkey Tenderloin with Roasted Veggies

### Directions:

1. Preheat oven to 400°F.
2. Prepare ingredients and marinade. Divide marinade in half. Use one half for the turkey tenderloins and the other half for the vegetables.
3. Place the turkey in the center of a large rimmed baking sheet (around 9" x 13" will work). Add vegetables around the turkey.
4. Cook for 45 – 50 minutes or until turkey is cooked through (reaches 165°F.) and vegetables are cooked, browned and starting to crisp up.
5. Serve immediately.

### Notes:

- The White Wine marinade with tarragon is a great marinade for all types of poultry.
- Left-over turkey from this recipe is delicious on the spinach salad found on page 3.

# Eat what's in season... Apples

Apples are a great low-calorie snack that are naturally fat-free and sodium-free. Plus, they are a good source of fiber and vitamin C.

Apples can be eaten raw, baked or grilled.



**Selection and Storage:** Choose apples that are firm, crisp and well-colored fruit.

Avoid those with shriveled skins, bruises, worm holes, soft and decayed spots.

Apples that are slightly underripe should be stored in a cool place to ripen. Once

ripe, apples stored in the refrigerator vegetable drawer or in a plastic bag will keep longer - usually up to three weeks or more.

**Preparation hints:** Wash apples under cool running water to remove dirt before using.

Raw apples will darken when the cut surface is exposed to the air. Protect cut or peeled apples from darkening by mixing 1 tsp. of an ascorbic acid such as lemon or orange juice with 3 Tbsp. of water. Toss gently with apple slices. Only work with about five apples at a time to prevent darkening. Apples may be preserved by several methods: freezing, drying, or canning. Note: 1 pound of apples yields about 3 cups of apple slices.



## Easy Turkey Spinach Quiche

### Ingredients:

- 1 cup mushrooms, ¼" slices**
- 1 Tbsp. olive oil**
- 1 cup cooked turkey, diced**
- 10 oz. pkg. frozen chopped spinach - thaw and squeeze to drain**
- 1 cup cheese, shredded**
- 3 eggs**
- 1 cup milk**
- ½ cup Original Bisquick™ mix**
- ¼ cup grated Parmesan cheese**

### Directions:

1. Preheat oven to 350°F. Grease 9 inch pie plate.
2. Sauté mushrooms in olive oil in a skillet. Add turkey to heat through. Remove from heat. Add spinach to turkey / mushroom mixture. Spread mixture in pie plate. Add shredded cheese on top.
3. Stir eggs, milk and Bisquick™ mix until blended. Pour into pie plate; sprinkle with Parmesan cheese.
4. Bake about 40 minutes or until knife inserted in center comes out clean. Cool 5 minutes before slicing.

## Side Dish Spotlight

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

### Spinach Salad

Spinach  
Mushrooms, sliced  
Red pepper, diced  
Blueberries  
Hard boiled eggs, sliced  
Apple, sliced  
Roasted turkey, sliced

#### Dressing for Spinach Salad

½ cup sugar  
⅓ cup honey  
⅓ cup vinegar (apple cider)  
1 tsp. minced onion  
1 tsp. dry mustard  
¼ tsp. salt  
1 Tbsp. lemon juice  
Dash paprika  
Dash celery seed  
1 cup vegetable oil



1. Place dressing ingredients except vegetable oil in a blender. Thoroughly blend. Then gradually add 1 cup vegetable oil.
2. Prepare salad. Then, drizzle dressing over salad either in a bowl or on individual plates.

### Easy Waldorf Salad

4 medium apples, ½" chunks  
½ cup celery, thinly sliced  
1 cup green grapes, quartered  
10.5 oz. mandarin oranges,  
drained and halved  
6 oz. lite orange cream yogurt  
½ cup chopped pecans



#### Directions:

In a large bowl, combine apples, celery, green grapes and mandarin oranges. Stir in the yogurt. Cover and refrigerate for at least 1 hour. Add pecans and stir together.

### Apple Turnovers

1 can refrigerated crescent rolls  
¼ cup + 1 Tbsp. sugar, divided  
1 tsp. ground cinnamon  
1 small apple, cored and diced  
butter, melted



1. Heat oven to 375°F. Line cookie sheet with cooking parchment paper.
2. Separate the crescent roll dough into 4 rectangles, then press the perforations together to seal.
3. Mix together ¼ cup sugar and cinnamon. Core apple and dice. Coat the apple pieces with cinnamon sugar. Place apple mixture on one half of each rectangle (short side).
4. Fold the other half of the dough over the filling. Use a fork to seal the edges together. Brush the tops with melted butter and sprinkle with remaining sugar.
5. Bake for 15 - 20 minutes until golden brown. Or, bake in air fryer on 350°F. for 7 - 10 minutes.

## Selection, Handling, & Storage

**Selection:** Turkey can be purchased fresh or frozen. Frozen whole turkey can be purchased 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: Phosphorous

Phosphorous is needed for numerous essential functions of the body. Phosphorous is a component of bones, teeth, DNA, and RNA. Phosphorous is also a component of cell membrane structures and our body's main energy source, ATP. It works to help copy genes and activate enzymes necessary for our bodies to function!

Phosphorous levels are maintained through urine losses.

Those with kidney disease have trouble excreting phosphorous and have to be mindful of how much they eat from food and drink. Usually, food sources that are high in protein are also good sources of phosphorous.



**Food Sources:** Meat, poultry, fish, eggs, milk, milk products, nuts, legumes, cereals, grains - wheat.

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