



FOR IMMEDIATE RELEASE:

June 3, 2009

TOP FIVE REASONS TO CELEBRATE JUNE AS NATIONAL TURKEY LOVERS' MONTH

Ohio turkey is perfect for summer grilling recipes

COLUMBUS – The month of June is often associated with the kick off to summer vacations, graduations, Father's Day and weddings. However, for Ohio's turkey farmers, June is a time to celebrate the industry's achievements and share delicious turkey recipes and tips during National Turkey Lovers' Month.

“While turkey is often associated as the meal of choice for Thanksgiving dinner, it is also a year-round favorite,” said Jim Chakeres, executive vice president of the Ohio Poultry Association (OPA). “In fact, according to the National Turkey Federation, more than two-thirds of turkey is consumed outside of the month of November.”

To celebrate, the Ohio turkey experts have compiled the top five reasons to eat turkey during National Turkey Lovers' Month – and every month:

1. Turkey is high in protein, which is important for building lean muscle mass and staying active. In fact, a three-ounce serving of boneless, skinless turkey breast contains 26 grams of protein, only one gram of fat, and zero grams of saturated fat.
2. Consumers can stretch their budgets with turkey. Savings can mount when consumers purchase a whole turkey or turkey breast and slice them into meal portions. For example, turkey breasts offer an endless supply of delicious entrées when sliced into cutlets, steaks, chops, tenderloins, or medallions.
3. Turkey is adaptable to all cooking methods, from stovetop and microwave to oven and grill. Consumers can try ground turkey burgers on the grill, turkey cutlets for time conscious meals, turkey sausage on pizza and turkey deli meats for lunch.
4. Turkey's delicate taste can easily be seasoned. By adding ingredients, such as herbs, spices or sauces, it's easy to create unique new dishes like Pineapple-Mustard Glazed Turkey Breast (recipe below). When preparing a marinade, chefs should prepare approximately a half-cup marinade per pound of turkey, use glass or plastic containers to marinate the turkey, and discard the leftover marinade.
5. In addition, turkey is quick-to-prepare, allowing chefs to spend less time in the kitchen or over the grill and more time with their families. To check for doneness, use a clean food thermometer to measure the internal temperature of cooked turkey. Ground turkey should be cooked to an internal temperature of 165° F., turkey breast to 170° F. and turkey legs/thighs to 180° F.

Ohio ranks 11th in the nation for turkey production. In 2007, Ohio processed 5.2 million turkeys with a value of more than \$89.1 million. Ohio turkey farmers are committed to providing safe affordable food for consumers and caring for their flocks and the environment.

For more information and delicious recipes featuring turkey, please visit www.ohioturkey.org.

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(recipe following below)

Pineapple-Mustard Glazed Turkey Breast

6 servings

Ingredients:

1/3 cup pineapple preserves
1 teaspoon fresh lemon juice
2 teaspoons Dijon-style mustard
2 to 3 pounds bone-in turkey breast

Directions:

Prepare grill for indirect-heat cooking. In small bowl combine preserves, lemon juice and mustard. Place turkey, skin-side-up, on rack over drip pan. Cover and grill turkey breast 1 to 1-1/4 hours, brushing pineapple glaze on breast 1/2 hour before end of grilling time. Cook until meat thermometer inserted in thickest portion of breast registers 170 degrees F. Remove turkey breast from grill and let stand 15 minutes. To serve, slice breast and arrange on platter with fresh summer fruits.

Recipe Source: The National Turkey Federation