

Teriyaki Turkey Kabobs



Ingredients

Marinade

- 1/3 Cup lemon juice
- 1/4 Cup soy sauce
- 1/4 Cup canola or vegetable oil
- 2 Tablespoons brown sugar
- 1/2 Teaspoon ginger
- 1/4 Teaspoon pepper
- 3 Tablespoons ketchup
- 1 Teaspoon fresh garlic, minced

Kabobs

- 1 1/2 Pound turkey breast, skinned, boned, cut into 1 1/2" pieces
- 12 Fresh mushrooms, medium size
- 12 Red onions, medium size, each cut into 6 wedges
- 1 Green pepper, cored, cut into 12 pieces
- 12 Cherry tomatoes

1. Before turning grill on, prep grill by removing grill rack and coating with nonstick cooking spray to prevent sticking. Replace grill rack and preheat grill.
2. In medium bowl, combine all marinade ingredients.
3. Stir in turkey pieces, cover and refrigerate 3 to 4 hours, mixing occasionally.
4. To assemble kabobs: on metal skewer, place piece of turkey, mushroom, onion, green pepper, and tomato; repeat multiple times until the skewer is nearly full.
5. Brush kabob with marinade.
6. Place kabobs on grill, turning occasionally and brushing with marinade. Cook for approximately 15-20 minutes (depends upon temperature of grill). If using food thermometer, until turkey reaches 165 degrees F.

Serving size: 1 kabob

Approximate Nutrition Information Per Serving: Calories 300; Total Fat 9g; Sat. Fat 1g; Trans Fat 0g; Cholesterol 40mg; Sodium 800mg; Total Carbohydrate 28g; Protein 30g

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Servings:

6

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Turkey Tacos



Ingredients

1 Pound ground turkey
2 Tablespoons minced dried onion
1 Tablespoon chili powder
1 Teaspoon paprika
½ Teaspoon cumin
½ Teaspoon dried oregano
½ Teaspoon salt
¼ Teaspoon garlic powder
⅛ Teaspoon pepper
10 Taco shells
1 to 2 tomatoes, chopped
2 to 3 Cups lettuce, shredded
¾ Cup Cheddar cheese, grated
Taco sauce (as needed)
Sour cream (as needed)
Guacamole (as needed)
Ripe olives, pitted, chopped or sliced
(as needed)
Sweet onions, minced (as needed)

1. In a large skillet over medium-high heat, combine turkey, dried onion, chili powder, paprika, cumin, oregano, salt, garlic powder and pepper.
2. Cook for 7 to 8 minutes or until turkey is no longer pink.
3. Spoon turkey mixture evenly into taco shells; top each taco evenly with tomatoes, lettuce and cheese.
4. Serve with optional toppings if desired: taco sauce, sour cream, guacamole, olives and sweet onions.

Approximate Nutrition Information Per Serving: Calories 357; Total Fat 21g; Cholesterol 77mg; Sodium 429mg; Total Carbohydrate 21g; Protein 21g

Recipe courtesy of National Turkey Federation



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Servings:

5