

Tasty Turkey Recipes That Won't Break The Bank

(NAPSA)—More consumers are looking for ways to improve their diets, but people generally associate healthful meal options with higher prices. With the daunting economy, preparing nutritious meals may seem more challenging than ever. But there is a delicious solution: turkey.

Turkey is an inexpensive, nutritious alternative to higher-priced items such as steak, fish and seafood, and it is a more healthful option than chicken. In fact, turkey thighs and drumsticks have 30 percent less fat and fewer calories than the same chicken parts. And while many consumers may think of it only around Thanksgiving time—or as a hamburger substitute—turkey is an ingredient that works well in many tasty and nutritious recipes.

“Turkey, in its various forms and preparations, should be a staple on everyone’s grocery list,” suggests Christine Palumbo, a member of the American Dietetic Association. As a registered dietitian and nutrition expert, Palumbo focuses on weight management, functional foods, heart disease, diabetes and cancer prevention, and overall wellness. “It is one of the leanest proteins and can be used as a substitute for meat in almost any recipe. It maintains great flavor and helps reduce the amount of saturated fat, calories and carbohydrates as part of a healthier everyday lifestyle.”

HoneysuckleWhite.com and ShadyBrookFarms.com feature nutritious turkey recipes that are realistic for families on tight budgets. Most can be prepared quickly and for less than \$15! Filled with zesty flavors, the



recipes use a variety of turkey cutlets, tenderloins, sausages, patties and lean ground meat. Visit the Web sites and find plenty of nutritious recipes like this one:

Spicy Turkey Tostadas

Servings: 4

Prep Time: 15 minutes

Total Time: 25 minutes

Total estimated cost: \$12.45

- 1 package (about 1 pound) Honeysuckle White® or Shady Brook Farms® 93/7 Lean Ground Turkey**
- 1 (8-ounce) can tomato sauce**
- 1 tablespoon chili powder**
- 8 (5-inch) tostada shells**
- 4 cups shredded cabbage or precut cole slaw**
- 2 tablespoons lime juice**
- 1 teaspoon peanut or olive oil**
- 2 tablespoons roughly chopped cilantro**

4 plum tomatoes, chopped (about 1 cup)

Preheat oven to 325°F. In a medium skillet, combine turkey, tomato sauce and chili powder. Simmer over medium heat, breaking up meat with a spoon, until meat is fully cooked, about 6 minutes. Meanwhile, bake tostada shells in oven until crisp, about 6 minutes. In a bowl, toss cabbage with lime juice, oil and cilantro. Place a layer of turkey mixture on each tostada. Top with cabbage mixture and sprinkle with tomatoes.

Recipe Nutrition Facts

Serving size: 335g; Calories per serving: 322; Calories from fat: 131; Total fat: 15g; Saturated fat: 4g; Cholesterol: 81mg; Sodium: 509mg; Carbohydrate: 25g; Fiber: 5g; Sugars: 6g; Protein: 26g.