

Turkey Burgers

Ground turkey and chicken can be a healthier choice than ground beef – lower in fat and cholesterol.

Make Kid-Size Turkey Burgers

- ♥ Make mini turkey patties.
- ♥ Buy small buns.
- ♥ Toast the buns over the grill or on a skillet until lightly brown.
- ♥ Top with fun shaped cheese slices – use small cookie cutters to cut shapes out of cheese slices.

Add Flavor before Grilling

- ♥ Mix 1 pound ground turkey with 1 tablespoon soy sauce, ½ teaspoon garlic powder, 1 egg, salt and pepper to taste.
- ♥ Not sure your family will like turkey burgers – start slow by mixing ½ beef and ½ turkey.

Top your Turkey Burger

- ♥ Grilled onion, green or red pepper strips
- ♥ Cabbage slaw
- ♥ Barbecue sauce, ketchup or mustard
- ♥ Slice of tomato, lettuce and low fat ranch salad dressing

How long can I keep uncooked turkey patties in my freezer?

Ground turkey can be kept in your freezer for up to 3 or 4 months.



Corn on the Cob

Eating corn on the cob is fun.

Fresh corn is also delicious when the kernels are cut off the cob and cooked in a small amount of water. Try it! Or try the Summer Corn...

Summer Corn

- 1 tablespoons olive or canola oil
- ¼ cup chopped sweet onion
- ½ cup chopped green or red bell pepper
- 4 cups fresh or frozen corn kernels
- ½ cup water
- ½ teaspoon salt
- Dash of black pepper
- 2 tablespoons chopped fresh basil

1. Heat the oil in a large skillet. Add the chopped onion and pepper. Cook and stir for 5 minutes over medium heat.

2. Add the corn, water, salt and pepper to the skillet. Cook and stir for 6 to 7 minutes over medium heat.

3. Add basil. Heat and serve.



Shape turkey patties to fit a hot dog bun. Grill 'turkey dogs' instead of 'hot dogs'.

Eat real meat, not fat

Choose lean meats for your family



Learn how to choose great tasting meat and poultry that's healthy for you and your family...

- ♥ **Read the label.** Beef round, chuck, sirloin or tenderloin are the leanest cuts of beef. Tenderloin, ham and chops are the leanest cuts of pork.
- ♥ **Buy the lean ground meat.** Choose ground beef or turkey that is at least 90% lean or higher.
- ♥ **Check the label on ground turkey or chicken.** They can have more fat than ground beef if dark meat and skin are included in the package.

Choose **ground turkey or chicken breast, or the leanest ground meat in the freezer.**

- ♥ **Cut off the Fat.** Trim the fat off beef, pork and poultry before cooking.
- ♥ **Marinate before cooking.** Marinades make meats tender and moist, and add flavor.
- ♥ **Cook the low fat way.** Grill, broil, roast or bake meats.



What's a serving of meat?

An adult serving of meat is 3 ounces – that's about the size of a deck of cards.

What is a 3 ounce serving?

(Here are some estimates)

- 1 Chicken breast
- 1 Chicken thigh and leg
- 1 Pork Chop
- 1 small Hamburger patty
- 2 thin slices of Roast Beef

What's a preschool child's serving of meat?

A child's serving is about 1 to 2 ounces of meat, about ½ of an adult's serving.

Are you used to eating larger amounts of meat?

Start to eat less meat – enjoy eating smaller amounts of great tasting meats.



What can you do?

- Make turkey burgers instead of hamburgers and hot dogs.
- Choose low fat meats when shopping.
- Eat a 3 ounce serving of meat at meals.
- Other: _____

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