



Ground Turkey

3 Prep and cooking tips

- Turkey can be used as a substitute for other ground meats in any recipe.
- Cook ground turkey as you would cook ground beef, or by browning it in a pan.
- Use low to medium heat when cooking on a stovetop to prevent the meat from drying out or burning. Always cook ground turkey to an internal temperature of 165°F.

2 Shopping and storage

- To ensure you are selecting heart healthy ground turkey, select 85% lean or higher.
- Always refrigerate ground turkey. It will usually last 1-2 days in a refrigerator, or 3-4 months if frozen.

1 Nutrition Fact:

- Ground turkey is a great source lean protein, meaning it has very little saturated fat. This makes it a more heart healthy choice than ground beef.

Go!

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