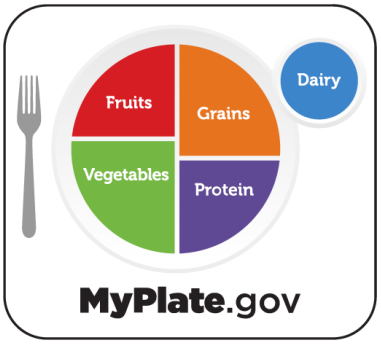

Turkey, Frozen Deli Breast, Sliced

MyPlate Food Group: **Protein**

USDA Foods

Nutrition Information

- 1 ounce of turkey deli meat counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- 1 ounce of turkey deli meat is about 2 to 3 slices.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas can also be considered a part of the Vegetable Group.
- Eat a variety of protein foods to improve nutrient intake and health benefits.
- Turkey deli meat supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

Uses and Tips

- Turkey deli meat comes frozen and thinly sliced in a shingle layered package.
- Turkey deli meat is already fully cooked.
- Thaw frozen turkey deli meat in the refrigerator. Never thaw on the countertop at room temperature.
- Refer to the product's packaging for more information on how to properly thaw this product.
- Use sliced turkey deli meat in sandwiches made with whole wheat bread or a whole grain tortilla and topped with lettuce and tomato. Add a salad on the side for a healthy and quick lunch.

Storing Foods at Home

- Keep turkey deli meat frozen at 0 degrees F until ready to use.
- After opening, store any leftover turkey deli meat in a tightly covered container or zip top bag in the refrigerator for up to 3 to 5 days.
- You can safely refreeze turkey deli meat in freezer-safe bags after properly thawing in the refrigerator.

MyPlate Facts

- Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- The nutrients in protein foods can vary depending on the protein food source. Varying your protein food choices can provide your body with a range of nutrients that will help to keep your body working well.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune system.

USDA Foods

On-the-Go Turkey Pinwheels
Makes 2 servings

Ingredients
1 whole grain tortilla
1 tablespoon mustard
2 slices low-sodium turkey deli meat
2 slices cheddar cheese
½ cup fresh spinach
½ fresh apple, sliced or cut into matchsticks

Directions: *Wash hands with soap and water.*

1. Place the tortilla on a flat surface. Spread the mustard evenly onto the tortilla.
2. Top with turkey, cheese, spinach, and apple slices.
3. Roll tightly in the same direction as the cut apples so the apples will roll easily. With a sharp knife, cut into 6 to 8 slices.
4. Serve immediately or pack in a to-go box that can keep pinwheels cool until ready to eat!

Recipe adapted from Two Peas & Their Pod

Garden-Fresh Chef Salad
Makes 6 servings

Ingredients
6 cups romaine or iceberg lettuce, shredded
2 medium tomatoes, chopped
6 hard-boiled eggs, chopped into quarters
6 slices low-sodium turkey deli,* cut into strips
½ cup cabbage, shredded
4 fresh baby carrots, sliced
4 radishes, sliced
¼ teaspoon garlic powder
¼ teaspoon pepper
½ cup dressing of choice

***Note:** Mix it up! Combine other thinly sliced deli meats such as ham or salami with the turkey deli up to 6 slices per recipe.

Recipe adapted from Taste of Home

Directions: *Wash hands with soap and water.*

1. In a large bowl, combine all ingredients except the spices and toss.
2. Sprinkle with garlic powder and pepper, and add the salad dressing. Toss to coat.
3. Serve immediately and enjoy!

These recipes have not been tested or standardized.