



Holiday Recipes

Roast turkey and soup for people with diabetes

Sizing your turkey

Consider the size of turkey that you need. Bigger birds are actually a better buy since the ratio of bone to meat is lower. In other words, you are getting more protein for your dollar.

If you don't have a big oven, or don't want a huge amount of leftovers, it may be better to buy a smaller turkey, or just a turkey breast or thigh rather than a whole bird.

To keep your bird moist and flavorful, without all that added salt, try wrapping your bird in aluminum foil, and using the turkey seasoning blend on the back of this sheet. The foil will keep it moist.

Whatever size bird you buy, don't forget to use the carcass to make a wonderfully flavored turkey soup, which will be ten times lower in sodium than any soup you can buy!

Let's talk turkey. Turkey is usually the centerpiece of most Thanksgiving dinner tables. It is an excellent and relatively inexpensive protein that provides a great supply of leftovers.

But how healthy is it really?

It depends on what type of turkey you buy. Many turkey manufacturers inject salt water (saline) into turkey to make it freeze well. This added salt and water help make the bird juicier when it cooks. Fresh turkey naturally contains only about 70 mg of sodium in a 4 ounce serving. A salt water injected turkey has about 300-500 mg of sodium per 4 ounce serving! That's a quarter of a day's sodium intake, just in the turkey!

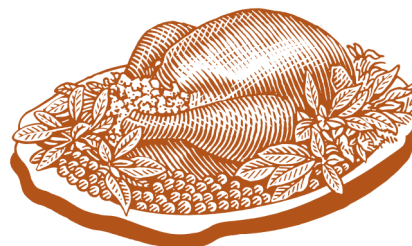
When you buy a saline injected turkey it seems like you are paying less per pound than the cost of a fresh, natural bird. But the water the injected birds have in them is heavy, so you are paying the same price per pound for the water as the turkey. This is another reason that processors have switched to enhanced turkeys: they make money on salt water.

The good news is that not all turkeys have added salt. Ask your local grocery store butcher if they sell turkeys that are not sodium enhanced, enriched or injected, and have them show you where they are. Labels can be confusing. Check prices so you can budget for a natural turkey. Ask the butcher what to expect for sale prices during the holidays.



Easy Roast Salt-free Turkey

1. Heat oven to 350 degrees.
2. Season cavity with 1 roughly chopped onion, 1 lemon, 3 ribs of celery.
3. Tie legs together with kitchen twine. Place turkey on top of a sheet of heavy-duty aluminum foil.
4. Top with another sheet of foil of equal size. Crimp edges tightly to seal.
5. Transfer sealed turkey to roasting pan fitted with a rack and put in oven.
6. A 12 pound bird will take about 2 ½ hours. Check a cookbook for other roasting times.
7. Make Turkey Seasoning (see recipe below).
8. Remove top sheet of foil from turkey and raise oven temperature to 500 degrees. Cook, basting with herb butter/oil every 5 minutes, until browned.
9. Use a thermometer inserted into a thigh (without touching the bone). When it reads 165-170 degrees F (about 30 minutes more), remove bird from oven.
10. Let it rest for at least 20 minutes before carving. (12-pound bird serves 8.)



Turkey Seasoning

5 teaspoons marjoram

2 teaspoons celery seed

5 teaspoons sage

2 teaspoons pepper

3 teaspoons thyme

2 teaspoons onion powder

1/4 cup olive oil or melted butter

Turkey Barley Soup

One turkey carcass

14-16 cups cold water

2 cups barley or brown rice

4 large celery stalks, sliced

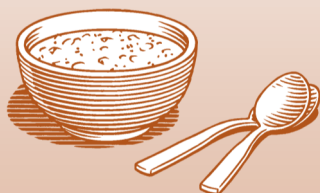
8 large carrots, peeled, sliced

3 onions, chopped

4 teaspoons dried thyme or 1 bunch fresh thyme

1 tablespoon dried sage or 1 bunch fresh sage

1/2 cup fresh parsley



Nutrition info per cup: Calories: 81, Carbohydrates: 18 g, Protein: 2 g, Sodium: 33 mg, Phosphorous: 56 mg, Potassium: 182 mg

Fill large pot with water. Set on stove and start to heat. Strip off any meat clinging to the carcass and set aside. Break up the carcass to fit in the pot. Bring to a boil. Then, remove the carcass. Strain broth through a colander to remove bone fragments. Return broth to stove, add remaining turkey meat. Wash and prepare vegetables.

When the stock comes to a boil, add all remaining ingredients. Turn heat down to a lightly bubbling simmer for about 2 hours, stirring once in a while. The brown rice will cook more quickly than the barley, so keep an eye on it, and don't cook it too long. If you have leftover tender vegetables, like broccoli, green pepper or spinach, add them in the last half-hour. If your family is tired of turkey, portion this great soup out into smaller containers and freeze for a quick low-sodium lunch or cheery dinner during the long, dark winter months.