Preparing Ground Turkey/Chicken

1. Place ground turkey in shallow pan and cook over medium-high heat, breaking it apart with a spatula or spoon.
2. Sprinkle with desired spices (garlic powder, cumin, salt, pepper, etc.)
3. Cook through until all turkey pieces/bits are done.

Ground turkey is done when the internal temperature is 155° F, there is no longer pink, and the juices are clear.

1. Arrange chicken thighs/leg quarters skin side up in a shallow baking dish.
2. Sprinkle with desired spices (garlic powder, salt, pepper, etc.)
3. Bake at 350° F for 45 minutes to an hour.

Chicken is done when the internal temperature is 165° F, there is no longer pink flesh, and the juices are clear.

How To Cut Up a Whole Chicken: https://www.youtube.com/watch?v=RfrAwqCw2Oo

To reduce the risk of illness:
- Wash all produce thoroughly under running water before preparing and/or eating.
- Avoid cross-contamination. Do not mix raw meat with ready-to-eat items.
- Refrigerate perishable foods promptly and consume by expiration date.