Preparing Ground Turkey/Chicken

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 a Whole Chicken: https://www.youtube.com/watch?v=RfrAwqCw2Oo

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.

Preparation Dried Beans

1. Place 1 lb. dried pinto beans in a large, heavy pot.
2. Cover with water about 2” above top of beans.
3. Cover pot, bring to a boil, then remove from heat. Let rest 1 hour.
4. After 1 hour, stir in 1 1/2 tsp. salt and bring to a boil over medium heat.
5. Uncover, reduce heat, and simmer until beans are tender and creamy, checking after 1 hour and adding more water as necessary to keep beans submerged, 1–1 1/2 hours total.

**Easy Turkey Chili Recipe:**
- 2 cups cooked beans
- 1/2 lb. ground turkey, cooked
- 2 cans canned tomatoes
- 2 tablespoons chili powder
- Dash of salt & pepper
- Chopped veggies (bell pepper, carrot, etc.)

Place all ingredients into a pot and simmer on medium-high for 10-15 min. Enjoy!
Preventing Dried Grains

Cooking most grains is very similar. Put the dry grain in a pan with water or broth, bring it to a boil, then simmer until the liquid is absorbed.

**Rice:**
1. Bring water to boil over high heat. Amount of water or broth will depend on amount of rice cooked (Double the amount of water — so 1 cup of rice will need 2 cups of water).
2. Add rice to boiling water, cover, and turn heat to low. Cook for 15 minutes.
3. Once time is up, drain off water, add warmed sauce or drizzle of olive oil, and enjoy!

*Note: Brown rice has longer cook time and may require more water.*

**Pasta:**
1. Bring water to boil over high heat. Add pinch of salt to the boiling water.
2. Add pasta and set timer for amount of time specified on the package.
3. Once time is up, drain off water, add warmed sauce or drizzle of olive oil, and enjoy!

Reference: http://wholegrainscouncil.org/recipes/cooking-whole-grains

Meal/Snack Ideas

**Pair 2-4 food groups for a balanced meal or snack!**

### Breakfast
- Cereal with milk and fresh fruit on top
- Egg scramble with sautéed vegetables and a tortilla

### Lunch
- Tortilla roll-ups with lunch meat and cheese
- Tuna sandwich with side of canned fruit
- Canned soup with cut up fruit salad on the side
- Turkey chili with glass of milk

### Dinner
- Rice bowl with shredded chicken/ground turkey and veggies
- Pasta with shredded chicken and steamed veggies
- Ground beef/turkey tacos
- Baked chicken with rice and beans

### Snacks
- Peanut butter with sliced fruit (apple, banana, etc.)
- Cut-up vegetable and hard-boiled egg
- Glass of milk and piece of fruit

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.