



## Roast Turkey With Spicy Rub

**Prep time:** 15 minutes

**Cook time:** 3-plus hours

- 3 **tbsp firmly packed light brown sugar**
- 3 **tbsp kosher or sea salt**
- 3 **tbsp chili powder**
- 2 **tsp ground black pepper**
- 2 **tsp roasted cumin**
- 2 **tsp garlic powder**
- 2 **tsp crushed red pepper flakes**
- 1 **tsp ground coriander**
- 1 **12- to 14-lb Butterball® whole turkey, thawed if frozen**
- 6 **tbsp canola oil**

1. Combine all ingredients except turkey and oil. Blend well. (May be prepared two to three days in advance. Store mixture in an airtight container at room temperature.)
2. Remove neck and giblets from body and neck cavities of turkey; refrigerate for another use or discard. Turn wings back to hold neck skin in place. Return legs to the tucked position, if untucked. Place turkey, breast side up, on flat rack in shallow roasting pan.
3. Brush outside of the turkey with half of the oil; rub outside and inside cavity with spice mixture. Cover and refrigerate 12 hours or overnight.
4. Heat oven to 325 F.
5. Brush spiced turkey with remaining 3 tbsp of oil. Bake approximately 3 hours, or until meat thermometer reaches 180 F when inserted in the thickest part of the thigh. Remove turkey from oven.
6. Let turkey stand 15 minutes before carving.

**Makes 12 servings. Per serving:**

493 calories, 28 g fat (7 g saturated fat), 203 mg cholesterol, 1,887 mg sodium, 5 g carbohydrate, 0 g fiber, 59 g protein



## Pulled Turkey Sandwiches

**Prep time:** 10 minutes

**Cook time:** about 1½ hours

- 1 **small red onion, chopped**
- 1 **stalk celery, chopped**
- 1 **tbsp vegetable oil**
- 3 **cups coarsely chopped leftover Butterball® turkey dark meat**
- 1 **8-oz can tomato sauce**
- ¼ **cup ketchup**
- 2 **tbsp firmly packed brown sugar**
- 1 **tbsp cider vinegar**
- 2 **tsp Worcestershire sauce**
- 1 **tsp Dijon mustard**
- ¼ **tsp chipotle chili powder**
- ½ **tsp salt**
- 4 **hamburger buns, halved**

1. Cook onion and celery in oil in a large skillet on medium-high heat for 5 minutes or until tender. Stir in remaining ingredients, except hamburger buns. Bring mixture to simmer on medium heat, stirring occasionally; reduce heat. Simmer, covered, on medium-low heat for 50 to 60 minutes or until turkey is tender. Remove from heat.
2. Remove turkey from sauce. Shred turkey. Return to sauce and heat through.
3. Serve turkey and sauce on hamburger buns.

**Makes 4 servings. Per serving:**

450 calories, 17 g fat (4 g saturated fat), 142 mg cholesterol, 950 mg sodium, 39 g carbohydrate, fiber: 8% of daily value, 34 g protein



## Tex-Mex Turkey Rice Skillet

**Prep time:** 30 minutes

**Cook time:** 35 minutes

- 2 **tbsp vegetable oil, divided**
- 1 **cup uncooked long-grain white rice**
- 1 **cup medium or hot chunky salsa**
- 1 **14.5-oz can chicken broth**
- 2 **cups chopped zucchini**
- ½ **cup chopped onion**
- 1 **cup frozen whole kernel corn**
- 1½ **cups chopped leftover cooked Butterball® turkey**
- 1 **cup shredded Mexican-style cheese**

1. Heat 1 tbsp oil in large skillet over medium heat. Add rice; cook and stir until rice turns light golden brown, about 3 minutes. Stir in salsa and broth. Cover and reduce heat to low. Simmer 15 minutes or until rice is tender.
2. Heat remaining oil in a second skillet over medium-high heat. Add zucchini and onion. Cook and stir 5 minutes or until vegetables just start to brown on edges. Add corn after 3 minutes. Add turkey to vegetables; keep warm until rice is done.
3. Stir vegetables and turkey into rice mixture. Continue heating 2 minutes or until turkey is hot. Sprinkle with cheese and cover. Remove from heat and let stand 5 minutes.

**Makes 4 servings. Per serving:**

491 calories, 18 g fat (7 g saturated fat), 59 mg cholesterol, 1,376 mg sodium, 55 g carbohydrate, fiber: 16% of daily value, 23 g protein



### Team Turkey!

The bird isn't the only star during Thanksgiving. Check out these numbers.

Roughly 23 percent of annual turkey baster sales occur during Thanksgiving week, which makes it the top-selling gadget during that period.

Walmart will sell more than 20,000 gravy boats this holiday season. Combined, they hold a total of 5,000 gallons of gravy.

The average store will sell more than 1,000 roasters during November; about 750 of those are sold Thanksgiving week.