



TASTE OF Summer



Recipes for Food and Fun





Make a Summer Menu

Shady Brook Farms® Turkey products are a great way to keep your menu fresh all summer long. Use this handy recipe book to find new and innovative ways to prepare turkey and start cooking meals that are both good and good for you. Get the whole family together and try a new recipe every week. It's a great way to get the most out of your summer.

Find Some Fun Tips Too!

While you've got the family together, why not have some fun? We've added a few entertaining ideas and timeless activities that everyone can enjoy. Try them out and make some great memories around a yummy meal.



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Asian Marinated Turkey Lettuce Wraps

Servings: 5 **Preparation Time:** 10 minutes **Total Time:** 35 minutes

Ingredients:

- 1 package Shady Brook Farms® Asian Grill Marinated Turkey Strips
- 1 medium mango, peeled and diced
- 1 tablespoon sesame oil
- 1/2 medium red onion, cut in half, thinly sliced
- 1 large head Boston lettuce, washed and dried
- 1/2 cup low-fat plain yogurt

or use:

- Butter lettuce, washed and dried
- 1 bag broccoli slaw, rinsed and drained

Instructions:

Heat oil in large nonstick skillet. Add turkey and cook until no longer pink and internal temperature reaches 170°F, about 8-10 minutes. Set aside. Combine broccoli slaw, mango, onion and yogurt in large bowl. Divide the vegetable mixture into 5 lettuce leaves and top with turkey. Fold and serve.



NUTRITIONAL INFORMATION:

Serving size: 218.2g, Calories per Serving: 210, Calories from Fat: 78, Total fat: 9.0g, Saturated fat: 1.8g, Cholesterol: 47.0mg, Sodium: 424.0mg, Carbohydrate: 18.2g, Fiber Carbs: 1.6g, Sugar Carbs: 13.2g, Protein: 16.0g

Summer Tip

CREATE A SUNNY DAY RULE

On sunny days, instead of plopping down in front of the TV, make it a rule to do something active. Fly a kite, throw a Frisbee® or ride a bike. Just get outside and have some fun in the sun.



FOOD TIP:

For additional dishes that go great with lettuce wraps, try some traditional Asian options such as egg rolls and wontons, or complement the crisp taste of the lettuce wrap with a fresh fruit salad.

Turkey Nachos

Servings: 6 **Preparation Time:** 10 minutes **Total Time:** 15 minutes

Ingredients:

- | | |
|---|---------------------------------------|
| 1 package (about 1 pound)
Shady Brook Farms® 97% Fat Free
Ground White Turkey | 1 bag (12 ounces) corn tortilla chips |
| 1 medium white onion, diced | 1 can (15 ounces) refried beans |
| 3 cloves garlic, minced | 2 cups cheddar cheese, shredded |
| 1 teaspoon chili powder | 2 medium tomatoes, diced |
| 1/2 teaspoon ground cumin | 1/2 cup guacamole |
| 1/8 teaspoon salt | 1/2 cup black olives |
| 1/8 teaspoon coarse ground
black pepper | 1 jar (8 ounces) jalapeños |
| | 1 cup salsa |
| | 1 cup sour cream |

Instructions:

Preheat oven to 400° F. In a skillet, combine ground turkey, onion, garlic, chili powder, cumin, salt and pepper, and cook over medium heat until turkey is no longer pink, approximately 4 minutes. Set aside. Place tortillas on baking sheet. Warm beans in microwave and put on top of chips. Top with turkey mixture and grated cheese. Bake until cheese melts, approximately 5 minutes. Add as many toppings as you like: diced tomatoes, guacamole, black olives and jalapeños. Serve with salsa and sour cream.



NUTRITIONAL INFORMATION:

Number of Servings: 6, Serving size:
473.22g, Calories per Serving:
801.50, Calories from Fat: 389.24,
Fat: 43.25g, Saturated fat: 16.66g,
Cholesterol: 118.32mg, Sodium:
1413.92mg, Carbohydrate: 61.44g,
Protein: 38.13g

Summer Tip

THROW A BLOCK PARTY

Make some new neighborhood friends by hosting a block party. To set it up, ask neighbors to bring a dish and plan some fun activities for the kids. Set up a scavenger hunt, hold a relay race or just lay out some sidewalk chalk.

FOOD TIP:



Use red, white and blue corn tortilla chips to make a festive nacho platter. It's a little touch that will bring out the spirit of summer.

Oven Fried Turkey Drumsticks

Servings: 4 **Preparation Time:** 10 minutes **Total Time:** 2 hours and 10 minutes

Ingredients:

2 packages (about 2-3 pounds)
Shady Brook Farms® Turkey
Drumsticks

Coating:

1-½ cups dry bread crumbs
1 cup all-purpose flour
1-½ tablespoons paprika
½ teaspoon garlic powder

1 teaspoon coarse ground pepper
6 tablespoons cornmeal
4 egg whites

Instructions:

Preheat oven to 325° F. Mix coating ingredients and pour some into a shallow bowl. Brush drumsticks with egg white and coat evenly with the crumb mixture by rolling them in crumb bowl. Place drumsticks on shallow baking dish. Bake for approximately 1 hour. Check for doneness with a meat thermometer in the deepest part of the meat, not touching bone. Thermometer should read 180° F to 185° F.



NUTRITIONAL INFORMATION:

Number of Servings: 4, Serving size: 610.9g, Calories per Serving: 1050.66, Calories from Fat: 340.87, Fat: 37.87g, Saturated fat: 11.5g, Cholesterol: 348.29mg, Sodium: 724.75mg, Carbohydrate: 66.95g, Protein: 109.6g

Summer Tip

BEAT THE HEAT WITH A WATER FIGHT

Nothing is as fun on a hot summer day as a water fight. Gather your water guns and balloons, turn on the sprinkler and let the backyard games begin. Best of all, your lawn gets watered in the process.

FOOD TIP:



Give the drumsticks a short spray of vegetable oil after being breaded, just before they go into the oven. This helps to brown and crisp the surface.

Turkey Croissant

Servings: 12 **Preparation Time:** 10 minutes **Total Time:** 15 minutes

Ingredients:

- 1 package (about 1 pound) Shady Brook Farms® Turkey Breast Cutlets, cooked and cut into 1/2-inch cubes
- 1 cup pine nuts, toasted
- 1 cup celery, diced
- 6 tablespoons fresh chives, chopped
- 6 tablespoons red pepper, diced
- 1 cup low-fat mayonnaise
- 2 tablespoons lemon juice
- 12 croissants

Instructions:

Combine turkey, pine nuts, celery, chives and red pepper in a medium bowl. Stir in mayonnaise and lemon juice. Split croissant and place a generous helping of turkey salad on the bottom half, top with remaining half and serve.

To toast pine nuts: Place nuts in a dry skillet in a single layer and toast over low heat for about 5 minutes, stirring as needed to prevent burning. Because the pine nuts can burn easily, it is a good idea to watch them until they are golden and fragrant, which means they are toasted.



NUTRITIONAL INFORMATION:

Number of Servings: 12, Serving size: 158.37g, Calories per Serving: 434.93, Calories from Fat: 239.95, Fat: 26.66g, Saturated fat: 7.21g, Cholesterol: 77.93mg, Sodium: 623.95mg, Carbohydrate: 31.07g, Protein: 19.62g

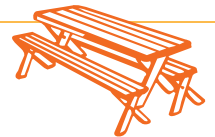
Summer Tip

PLAN A BACKYARD CAMPING TRIP

Gather all your essential survival supplies – a tent, a sleeping bag and some marshmallows – and head to the nearest campsite: your backyard. Have fun telling stories and roasting s'mores without all the trouble of traveling.

FOOD TIP:

Make any sandwich look like a gourmet meal by decorating it with simple veggies like carrot slices, cucumber slices and dark green chopped lettuce leaves.



Meatball Sandwich

Servings: 4 **Preparation Time:** 10 minutes **Total Time:** 50 minutes

Ingredients:

- 1 package Shady Brook Farms® Fresh Italian Style Turkey Meatballs
- 4 Italian rolls, split horizontally
- 8 mozzarella slices

Marinara Sauce:

- 1 tablespoon extra virgin olive oil
- 4 garlic cloves, minced
- 1/2 cup fresh basil, chopped
- 1/2 cup marjoram, chopped, or use oregano
- 1 can (28 ounces) diced tomatoes
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon freshly ground pepper

Instructions:

Heat oil in large saucepan. Add garlic and cook 3 minutes. Add basil, marjoram, tomatoes, salt and pepper. Bring to a boil, quickly reduce to low and simmer 10 minutes. Add meatballs and simmer for 15 minutes or until meatballs and sauce are hot. Divide meatballs on rolls, top each with 2 cheese slices and serve.



NUTRITIONAL INFORMATION:

Serving size: 452.3g, Calories per Serving: 782.5, Calories from Fat: 432.5, Total fat: 22.5g, Saturated fat: 21.5g, Cholesterol: 123.8mg, Sodium: 2057.5mg, Carbohydrate: 38.3g, Fiber Carbs: 6.5g, Sugar Carbs: 7.8g, Protein: 49.8g

Summer Tip

DO A ZOO

On the next sunny day, take your family out to the nearest zoo. It's a great day trip that's entertaining as well as educational.

FOOD TIP:

You can easily alter this recipe to make tasty appetizers. Just use halved premade dinner rolls instead of Italian sandwich rolls, and you've got a perfectly sized starter.



Ginger Lime Turkey over Greens

Servings: 4 **Preparation Time:** 10 minutes **Total Time:** 45 minutes

Ingredients:

- 1 package Shady Brook Farms® Turkey Breast Tenderloins, cut into 1/2-inch x 3-inch strips
- 1 tablespoon olive oil
- 1 bag (12 ounces) mixed salad greens
- 2 tablespoons fresh cilantro, chopped

Vinaigrette:

- 3/4 cup light Italian salad dressing
- 1/4 cup lime juice
- 2 tablespoons ginger root, grated
- 3 cloves garlic, minced
- 3 teaspoons soy sauce
- 1 teaspoon white granulated sugar
- 4 green onions, thinly sliced

Instructions:

To make vinaigrette, whisk dressing, lime juice, ginger, garlic, soy sauce, sugar and onions in a medium bowl. In a large container, pour 1/4 cup vinaigrette over turkey; refrigerate for 15 minutes. Heat oil in a large nonstick skillet over medium-high heat. Add turkey, stirring constantly until no longer pink, about 10 minutes. Place turkey on top of greens. Drizzle with vinaigrette and top with cilantro.



NUTRITIONAL INFORMATION:

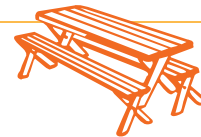
Serving size: 284.3g, Calories per Serving: 205, Calories from Fat: 45, Total fat: 5.0g, Saturated fat: 0.5g, Cholesterol: 71.3mg, Sodium: 1010.0mg, Carbohydrate: 9.0g, Fiber Carbs: 1.5g, Sugar Carbs: 6.3g, Protein: 30.8g

Summer Tip

CHECK OUT THE LIBRARY

On those super-hot summer days, go to the library, where there's plenty of air-conditioning. They have great activities going on all season long. You may even be able to join a summer reading club.

FOOD TIP:



Mix greens with less mess by tossing them in a plastic bag with the dressing. Then transfer to individual serving plates.

Turkey and Tortellini Salad

Servings: 8 **Preparation Time:** 15 minutes **Total Time:** 30 minutes

Ingredients:

- 1 pound Shady Brook Farms® Turkey Breast Cutlets, cooked and cut into strips
- 1 package (9 ounces) refrigerated spinach and cheese tortellini
- 4 cups shredded or chopped romaine lettuce
- 1/2 cup sliced button mushrooms
- 1/2 cup diced red bell pepper
- 1/2 cup diced tomatoes
- 1/2 cup shredded carrots
- 1/2 cup toasted walnut halves
- 1/2 cup fat-free vinaigrette
- 1/4 cup shredded Parmesan cheese
- 1/4 teaspoon coarse ground black pepper

Instructions:

Cook tortellini as directed on package; drain in a colander and let cool slightly. In a large bowl, mix tortellini, turkey, lettuce, vegetables, walnuts and vinaigrette. Sprinkle with cheese and pepper to serve.



NUTRITIONAL INFORMATION:

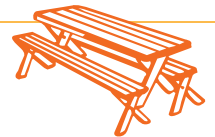
Number of Servings: 8, Serving size: 170.22g, Calories per Serving: 231.07, Calories from Fat: 65.46g, Fat: 7.27g, Saturated fat: 1.89g, Cholesterol: 18.35mg, Sodium: 450.27mg, Carbohydrate: 21.81g, Protein: 19.75g

Summer Tip

FIND A FESTIVAL

Search your local newspaper or the Internet to see what's going on in your area. There's usually a wide range of festivals happening all summer long. Find one that interests you and your family and go check it out.

FOOD TIP:



To thoroughly dry tortellini for salad, pour drained pasta into a large paper-towel-lined pan and roll the tortellini around to get all of the water out.

Grilled Turkey Tenderloin with Mango Salsa

Servings: 6 **Preparation Time:** 20 minutes **Total Time:** 1 hour and 10 minutes

Ingredients:

- 1 package Shady Brook Farms® Turkey Breast Tenderloins

or use:

- 1 package Shady Brook Farms® Lemon Garlic Flavor Marinated Tenderloins

Mango Salsa

- 1 ripe mango peeled, cored and diced
- 1 medium tomato, seeded and diced
- 1/2 cup red onion, finely chopped
- 1/2 cup green bell pepper, diced
- 2 tablespoons finely chopped mint
- 1/2 tablespoon salt

Instructions:

In medium bowl, combine mango salsa ingredients. Cover and refrigerate until serving. Grill tenderloins approximately 20 to 30 minutes, turning every 5 minutes or until internal temperature reaches 170°F. To serve, slice tenderloins and top with mango salsa.



NUTRITIONAL INFORMATION:

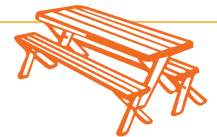
Serving size: 153.3g, Calories per Serving: 115, Calories from Fat: 5, Total fat: 0.5g, Saturated fat: 0.0g, Cholesterol: 47.5mg, Sodium: 136.7mg, Carbohydrate: 8.3g, Fiber Carbs: 1.3g, Sugar Carbs: 6.5g, Protein: 19.5g

Summer Tip

PICK FRESH FRUIT

Take the kids out to a local farm where you can pick fresh fruit. Enjoy fresh strawberries and blueberries right off the vine. Then find a recipe that uses what you picked and prepare it for dessert that evening.

FOOD TIP:



When you're grilling, never use a fork to turn the meat. Use long-handled tongs instead. Piercing the meat lets the juices escape and can cause it to dry out.

Grilled Southwestern Bratwurst

Servings: 5 **Preparation Time:** 10 minutes **Total Time:** 40 minutes

Ingredients:

- 1 package Shady Brook Farms® Turkey Bratwurst
- 1 large red bell pepper, cut into 3-inch strips
- 1 tablespoon extra virgin olive oil
- 5 (6-inch) hoagie rolls
- 1 large yellow onion, cut into 3-inch strips
- 1/2 cup mustard
- 1 large green bell pepper, cut into 3-inch strips
- 1/2 cup salsa

Instructions:

Preheat charcoal or gas grill. In a medium saucepan, combine oil, onion and bell pepper. Grill until softened, about 5 minutes. Set aside. Grill bratwurst about 15 minutes, turning frequently, until no longer pink and internal temperature reaches 170°F. Place bratwurst on hoagie rolls; top with onion and bell peppers. Serve with mustard and bottled salsa.



NUTRITIONAL INFORMATION:

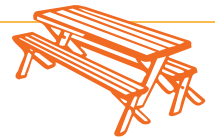
Serving size: 336.2g, Calories per Serving: 510, Calories from Fat: 156, Total fat: 17.6g, Saturated fat: 3.6g, Cholesterol: 79mg, Sodium: 1670mg, Carbohydrate: 60.2g, Fiber Carbs: 4.4g, Sugar Carbs: 14.2g, Protein: 28.6g

Summer Tip

MAKE HOMEMADE ICE CREAM

Making ice cream is a timeless summer activity that kids have always enjoyed. The best part is it's relatively easy. With a few basic ingredients, you can make a cold treat in no time. Look online for lots of easy recipes that don't even require an ice cream machine.

FOOD TIP:



Before grilling bratwursts, dunk them in beer. This keeps them from burning and allows them to brown nicely on the grill.

Honey Barbecue Kebabs

Servings: 4 **Preparation Time:** 2 hours **Total Time:** 4 hours and 15 minutes

Ingredients:

- 1 package Shady Brook Farms® Turkey Breast Tenderloins, cut into 1-inch pieces
- 1/4 cup canola oil
- 1/3 cup soy sauce
- 1/3 cup honey
- 1 clove garlic, minced
- 1/4 teaspoon black pepper
- 1 package Shady Brook Farms® Turkey Breast Tenderloins, cut into 1-inch pieces
- 8 cherry tomatoes
- 2 lemons, quartered
- Wooden or metal skewers
- 1 bottle (18 ounces) honey barbecue sauce
- Cilantro, for garnish

Instructions:

In a medium bowl, whisk together oil, soy sauce, honey, garlic and black pepper. In a large container, pour mixture over turkey; refrigerate for 2 hours. Meanwhile, soak 10 to 12 wooden skewers in water for 30 minutes. Thread turkey, tomatoes and lemon wedges on skewers. Preheat charcoal or gas grill. Grill kebabs about 15 minutes, turning frequently, until no longer pink and internal temperature reaches 170°F. Baste kebabs with honey barbecue sauce during grilling. Serve over a bed of cilantro.



NUTRITIONAL INFORMATION:

Serving size: 621.8g, Calories per Serving: 792, Calories from Fat: 144.3, Total fat: 16.0g, Saturated fat: 1.0g, Cholesterol: 212.8mg, Sodium: 2857.8mg, Carbohydrate: 74.8g, Fiber Carbs: 5.8g, Sugar Carbs: 64.5g, Protein: 87.8g

Summer Tip

VISIT THE FARMERS MARKET

Take the kids on a trip to the local farmers market and have them pick out the fresh fruits and vegetables they want to try. Then let them cook a meal with what they've chosen. Have some peanut butter and jelly ready for backup just in case.

FOOD TIP:



Get creative in the kitchen by making up your own combination of fruit and vegetables to skewer. You may make a delicious discovery.

Grilled Greek Turkey Sausage with Cucumber Salsa

Servings: 6 **Preparation Time:** 15 minutes **Total Time:** 2 hours and 40 minutes

Ingredients:

- 1 package Shady Brook Farms® Sweet Italian Turkey Sausage Links
- 6 buns (6 inches each), split lengthwise

Cucumber Salsa:

- 1 large cucumber, peeled, seeded and diced
- 1/4 cup sliced green onions
- 2 tablespoons thyme, dried or fresh
- 1-1/2 tablespoons apple cider vinegar
- 1-1/2 teaspoons white granulated sugar
- 1/2 teaspoon salt

Instructions:

In a small bowl, combine cucumber, onion, thyme, vinegar, sugar and salt. Cover and refrigerate 2 to 8 hours. Grill sausages 4 to 5 minutes per side, until internal temperature reaches 170°F. To serve, place sausages in buns and top each with 1/4 cup cucumber salsa.



NUTRITIONAL INFORMATION:

Serving size: 186.2g, Calories per Serving: 308.3, Calories from Fat: 103.3, Total fat: 10.5g, Saturated fat: 2.5g, Cholesterol: 75mg, Sodium: 1095mg, Carbohydrate: 26.3g, Fiber Carbs: 0.8g, Sugar Carbs: 5.0g, Protein: 21.3g

Summer Tip

TAKE A HIKE

Find some trails in your area that you've never been on before. Plan out your route before you go and pack a small backpack with water and snacks to enjoy on your hike.



FOOD TIP:

It's a good idea to assemble what you need on a tray before you start grilling. This typically includes seasonings, sauces, a water-mist bottle, long-handled tongs, a basting brush and a timer.

Grilled Turkey Summer Salad

Servings: 4 **Preparation Time:** 5 minutes **Total Time:** 35 minutes

Ingredients:

- 1 package Shady Brook Farms® Turkey Breast Cutlets
- 1 package chopped romaine lettuce
- 1 can mandarin oranges, drained
- 1 bunch green onions, chopped
- 1 bunch radishes, sliced
- 1 bottle low-fat raspberry vinaigrette salad dressing
- Salt and black pepper, to taste

Instructions:

Preheat charcoal or gas grill. Grill turkey about 20 to 30 minutes, turning every 5 minutes, until cooked through and internal temperature reaches 170°F. Let cool then cut into 1-inch pieces. In a large bowl, toss turkey, lettuce, mandarin oranges, green onions, radishes and vinaigrette dressing. Add salt and black pepper, to taste. Serve immediately.



NUTRITIONAL INFORMATION:

Number of Servings: 4, Serving size: 405.54g, Calories per Serving: 248.44, Calories from Fat: 9.37, Fat: 1.04g, Saturated fat: 0.05g, Cholesterol: 85.05mg, Sodium: 691.58mg, Carbohydrate: 21.26g, Protein: 37.66g

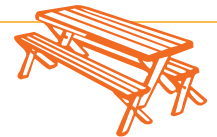
Summer Tip

COOL OFF BY THE POOL

Take the whole family out for a quintessential summer experience. Let the kids play in the pool for hours while you kick back and soak up some sun. Don't forget the sunscreen.

FOOD TIP:

Chill the serving plates in the freezer before the meal to keep your salad crisp longer.



French Onion Burger

Servings: 4 **Preparation Time:** 10 minutes **Total Time:** 30 minutes

Ingredients:

- 1 package Shady Brook Farms® 93/7 Lean Ground Turkey
- 1 package onion soup mix
- 1 tablespoon extra virgin olive oil
- 1 medium onion, thinly sliced
- 4 slices Swiss cheese
- 4 (4-inch) hamburger buns
- Romaine lettuce, to taste

Instructions:

Preheat charcoal or gas grill. In a small bowl, combine turkey and onion soup mix. Shape into four patties. Grill patties about 5 minutes per side or until cooked through and internal temperature reaches 170°F. Meanwhile, heat oil in a medium nonstick skillet over medium-high heat. Cook onions until softened, about 5 minutes. Before removing patties from grill, top with onions and a slice of Swiss cheese. Allow to melt slightly. Add lettuce. Assemble as desired.



NUTRITIONAL INFORMATION:

Serving size: 293.8g, Calories per Serving: 490.3, Calories from Fat: 202, Total fat: 22.5g, Saturated fat: 6.3g, Cholesterol: 144.5mg, Sodium: 676.3mg, Carbohydrate: 36.5g, Fiber Carbs: 6.0g, Sugar Carbs: 6.3g, Protein: 37.5g

Summer Tip

GO ON A PICNIC IN THE PARK

Instead of eating inside, head out to the park with your family and enjoy a picnic. Fire up the public grill and enjoy some turkey burgers and brats. For easy cleanup afterward, place heavy-duty aluminum foil over the grate and grill on top of that.



FOOD TIP:

When forming your turkey patties, put a divot in the middle, making the center thinner than the outside. This way you will end up with a burger of equal thickness across its diameter once it's cooked.



CREATE A
Fridge-Worthy
WORK OF ART

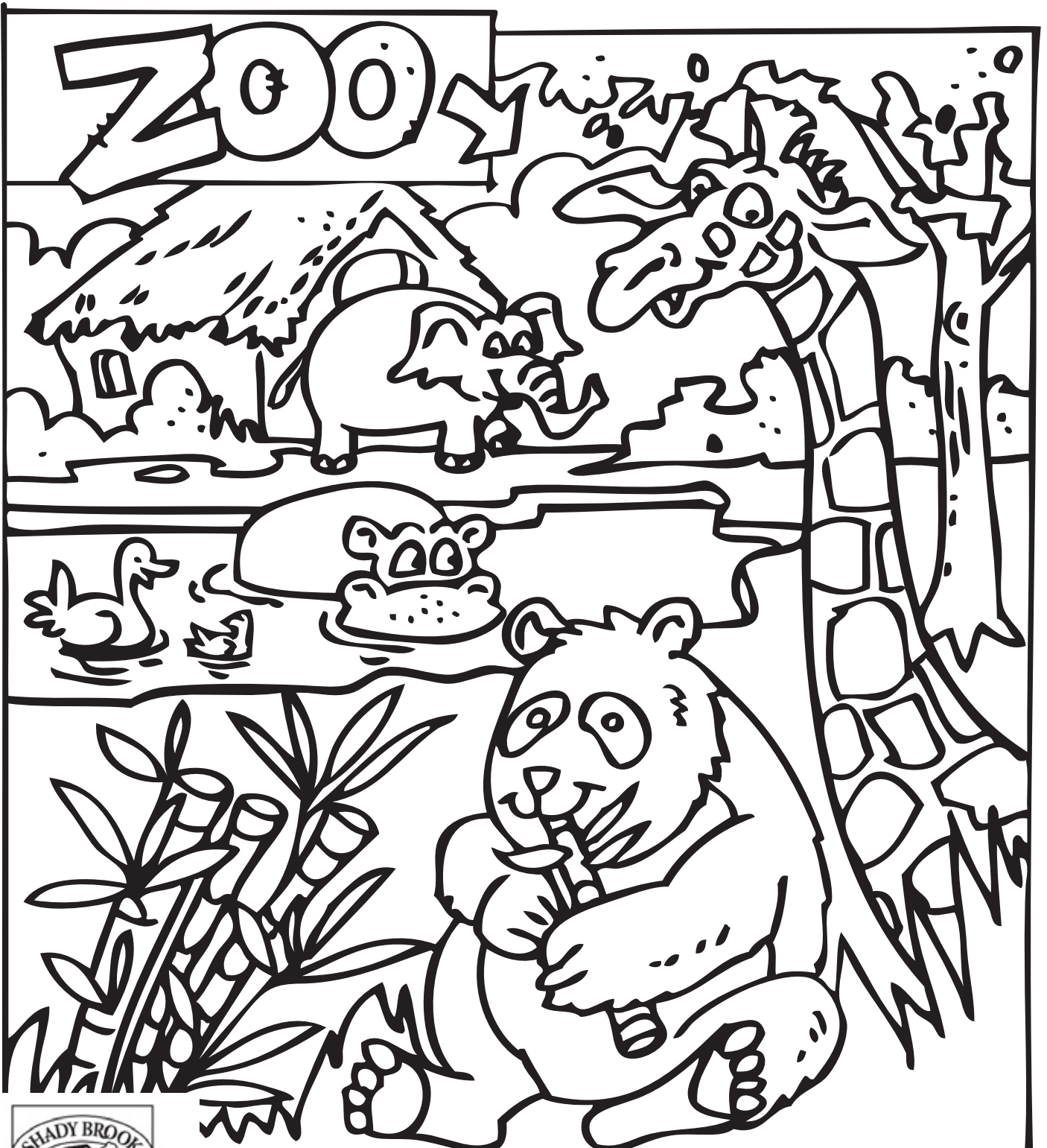


CAMPING WITH FRIENDS CAN BE FUN ANYWHERE!



NOTHING'S BETTER FOR COOLING OFF THAN THE POOL!

ZOO



MAKE LOTS OF NEW FRIENDS AT THE ZOO!