

# Bring turkey to the barbecue

**W**ITH the growing number of turkey cuts available in grocery stores, it's easier than ever to take turkey to the grill. Turkey tenderloins, steaks, boneless breasts, drumsticks and ground turkey are delicious, economical ways to enjoy the great taste of turkey anytime. These cuts are perfect for the grill, and any leftovers are ideal for summer picnics and make great salads, sandwiches and snacks.

More than 39% of grill owners are using this outdoor cooking method with leaner meats, according to the National Barbecue Association. Turkey is naturally low in total fats, especially saturated fat and cholesterol. It's also high in protein, which is important for building lean muscle mass.

The naturally mild taste of turkey combines readily with different seasonings, making it a good choice in spicy dishes, as a substitute for higher-fat meats in favorite recipes, and as a complement to other foods on the menu.

Cooking times vary depending on the thickness of the cut of turkey. A meat thermometer should be inserted in the thickest portion of the meat away from the bone. White meat is ready at 170 degrees F, dark meat at 180 degrees F and ground turkey, such as turkey burgers, at 165 degrees F.

With increasing demand for great food without a lot of work, it's easy to see why turkey and grilling are a good combination.

## Grilled Turkey, Portabella Mushroom and Vegetable Kebabs

- 1½ to 2 pounds turkey thighs, skinned, boned and cut into 1-inch cubes
- 2 whole portabella mushrooms, stemmed and quartered
- ½ cup green onions, chopped
- ⅓ cup olive oil
- ¼ cup balsamic vinegar
- 1 tablespoon Worcestershire sauce
- 2 teaspoons garlic, minced
- 1 teaspoon dried rosemary
- 1 teaspoon dried tarragon
- ½ medium red bell pepper, seeded and cut into 1-inch cubes
- 1 small yellow squash, cut into ½-inch rounds
- 1 small zucchini, cut into ½-inch rounds



Place turkey cubes and mushroom quarters in a large, self-closing, plastic bag. In a small bowl, combine the green onions, oil, vinegar, Worcestershire sauce, garlic, rosemary and tarragon. Pour over the turkey and mushrooms. Seal bag and refrigerate two hours or overnight.

Spray rack with nonstick vegetable oil spray. Prepare grill for direct-heat cooking. Drain turkey and mushrooms from marinade and discard marinade.

On 10- or 12-inch skewers, alternating ingredients, arrange drained turkey cubes, mushrooms, peppers, yellow squash and zucchini.

Grill over medium flame or coals 10 to 12 minutes or until turkey is no longer pink in center, turning once. Cook thighs to an internal temperature of 170 degrees F.

■ For more grilled turkey recipes, visit [www.eatturkey.com](http://www.eatturkey.com).



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