



FOR IMMEDIATE RELEASE:

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OHIO POULTRY ASSOCIATION CELEBRATES NATIONAL TURKEY LOVERS' MONTH

Poultry Industry Highlights Turkey Nutrition, Cooking Techniques and Economic Impact in June

COLUMBUS, Ohio (June 8, 2017) – June is National Turkey Lovers' Month and the Ohio Poultry Association (OPA) is celebrating by highlighting turkey's nutritional benefits, variety of cooking techniques and economic impact in Ohio.

“National Turkey Lovers' Month is the perfect opportunity to recognize not only the substantial impact turkey has on the Ohio economy, but the nutritional value turkey provides to consumers nationwide,” said Jim Chakeres, executive vice president, OPA. “Turkey is versatile and low in calories making it a perfect choice for any diet year-round.”

According to Technomic's 2017 Center of the Plate: Poultry Consumer Trend Report, 39 percent of consumers are more likely now than two years ago to enjoy turkey in addition to the holiday dinner celebrations. High in protein, naturally low in fat and available in a variety of cuts, turkey satisfies appetites while providing immune-boosting nutrients including iron, zinc and potassium. A three-ounce serving of boneless, skinless turkey breast contains 26 grams of protein, one gram of fat and zero grams of saturated fat.

Turkey is adaptable to all cooking methods, cooks quickly and can be easily seasoned with herbs, spices or sauces, making it simple to create unique dishes. In honor of National Turkey Lovers' Month, OPA is sharing their signature recipe for Grilled Turkey Sliders on Focaccia, perfect for summer grilling and Father's Day cookouts (recipe and photo below/cooking video can be viewed [here](#)).

Ohio ranks ninth nationally in turkey production with more than 209 million pounds of turkey produced each year. The turkey sector creates 2,480 jobs annually and \$86 million in earnings, contributing \$456 million in output to Ohio.

Ohio turkey farmers are committed to providing safe affordable food for consumers and caring for their flocks and the environment during National Turkey Lovers' Month and all year-long.

For more information and delicious recipes, visit www.ohiopoultry.org.

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Grilled Turkey Sliders on Focaccia

Recipe by The National Turkey Federation

Ingredients

1 ½ pounds ground turkey
2 cups torn baby spinach
1 leek, chopped fine
1 yellow pepper, seeded and chopped fine
1/4 tsp chili powder
1/4 tsp salt
1/4 tsp ground black pepper
6 slices Monterey Jack cheese, cut in half
1 loaf focaccia bread, cut in small slices to fit the sliders

Directions

Mix together turkey, spinach leaves, leeks, yellow peppers and seasonings until thoroughly incorporated.
Form into 12 small patties.

On a preheated grill, about 4 to 5 inches from the heat, grill patties on both sides, about 10 to 11 minutes until the internal temperature reaches 165 degrees F.

Place a small cheese slice on top of each burgers, continue to cook just until cheese melts.

Place sliders on the focaccia and top with a second slice of focaccia.

Serves 12