



# CANADIAN TURKEY'S 'EVERYTHING YOU NEED TO KNOW ABOUT CUTS' GUIDE

*request these cuts at your local grocer*



FOR TASTY RECIPE IDEAS VISIT [CANADIANTURKEY.CA](http://CANADIANTURKEY.CA)



### *turkey scallopini/ cutlets*

White or dark meat

Perfect for a quick sear on the BBQ,  
great for rolling or stuffing



### *turkey wings and drums*

Great on the BBQ, oven roasted  
or for soups



### *turkey cubes*

Dark or white meat

Ready-to-go for kebabs, stews or  
soups



### *turkey necks*

Perfect base for rich flavourful  
soups or stock

White turkey meat is extra lean, with just 3 grams of fat\*. Dark Turkey meat is lean, with just 8 grams of fat\*  
\*per 100 gram serving. Source: Canadian Nutrition File, V 2015



### *turkey sausages*

Lean and juicy, perfect for the BBQ or substituted in any of your favourite sausage recipes



### *turkey thigh roasts*

Boneless or bone-in  
Skinless or skin-on  
Stuffed or un-stuffed  
Perfect for the BBQ or oven roasted



### *turkey kebabs*

White or dark meat  
Ready to go  
Perfect on the BBQ



### *turkey thighs*

Boneless or bone-in  
Skinless or skin-on  
Perfect for the BBQ, oven roasted or braised

White turkey meat is extra lean, with just 3 grams of fat\*. Dark Turkey meat is lean, with just 8 grams of fat\*  
\*per 100 gram serving. Source: Canadian Nutrition File, V 2015



### *turkey strips*

White or dark meat

Great for stir fries, soups or bowls



### *ground turkey*

Perfect for burgers, stews, chilis

Substitute in any of your favourite ground meat recipes



### *turkey breast roast*

Boneless or bone-in

Skinless or skin-on

Stuffed or un-stuffed

Delicious BBQ'd or oven roasted



### *turkey meatloaf*

A great alternative to traditional meatloaf

Lighter and leaner made with ground turkey

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\*per 100 gram serving. Source: Canadian Nutrition File, V 2015



### *turkey meatballs*

A great alternative to traditional meatballs

Lighter and leaner made with ground turkey



### *turkey medallions*

Plain or bacon wrapped

Perfect on the BBQ or pan seared



### *turkey drumsticks*

Great on the BBQ, oven-roasted or braised



### *turkey burgers*

A great alternative to traditional burgers

Lighter and leaner made with ground turkey

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\*per 100 gram serving. Source: Canadian Nutrition File, V 2015