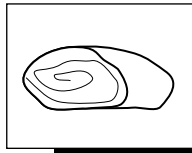


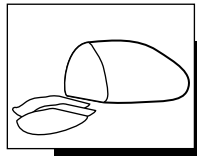
## Penn State Pointers ► Gobbling Turkey Alternatives

Processed turkey products are rapidly gaining in popularity for preparing convenient and nutritious, year-round dishes.



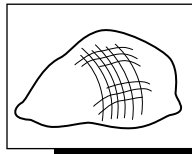
### **TURKEY ROLL**

This product contains both light and dark meat formed into a round or oblong shape that cooks evenly.



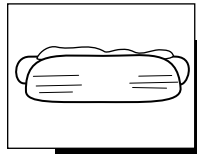
### **ROAST TURKEY BREAST**

Supermarkets use turkey roasts in their delis for slicing. They are all white meat and are football shaped.



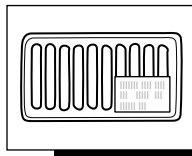
### **TURKEY HAMS**

Made from turkey thigh meat, turkey ham tastes almost identical to pork ham and often is less expensive.



### **TURKEY FRANKS**

Demand for turkey franks is rising. Fat content may be lower than beef franks, depending on the processor.



### **TURKEY SMOKED SAUSAGE**

The flavor and consistency of turkey sausage is nearly identical to pork sausage.

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**For Spring/Summer/Fall Time Frame**