

**NOVEMBER: LEAN MEATS**

**Lean meats** provide important nutrients such as protein, B vitamins, and zinc that are vital for health and maintenance of your body. Remember: when choosing cuts of beef, chicken, or pork look for the words “**lean or extra lean**” on the label, and lean towards white meat cuts of chicken and turkey when you can. Choosing **lean and extra lean** meat gives your body healthy nutrients that it needs, without too much saturated fat, which is high in calories.

*Thanksgiving gives us a great opportunity to use lean turkey in many ways – during the traditional dinner, on sandwiches with whole grain bread, in soups and salads – think about all the creative, healthy ways you can use up all that nutritious leftover turkey this year!*

**CHECK OUT THE TABLE BELOW FOR SOME RECOMMENDATIONS FOR HEALTHY LEAN MEATS (AND SOME WARNINGS ABOUT FATTIER MEATS!)**

**HEALTHY LEAN MEATS: CHOOSE THESE MOST OFTEN!**

**Lean Cuts of Beef**

- Round Steaks/Roasts
- Top Loin
- Top Sirloin
- Chuck Shoulder/Arm Roasts

**Lean Cuts of Pork**

- Pork Loin
- Tenderloin
- Pork Chop
- Canadian Bacon

**Lean Parts of Chicken**

- Skinless white meat

**Lean Parts of Turkey**

- Skinless white meat



**Grilled Chicken Breast**



**Sliced, Lean turkey**

**LESS HEALTHY, FATTY CUTS OF MEATS: LIMIT THESE!**

- Sausage
- Cuts of beef or pork described as “75% to 85% lean,” which means 15% to 25% fat!
- Hot dogs (unless reduced fat) and bacon (unless Canadian Bacon)
- Some higher-fat luncheon meats such as regular bologna/salami

## Lean Meats Tips

- Instead of frying, try broiling, grilling, or roasting your **lean meats**. Your meals will be delicious, but contain much less unhealthy fat.
- Combine cooked **chopped turkey**, a variety of chopped vegetables, and fat-free, low sodium chicken broth to make a delicious soup.
- Buy skinless chicken parts, or take off the skin before cooking, to reduce the amount of fat in your meals. Remember, **boneless, skinless chicken breasts** and **turkey cutlets** are the leanest poultry choices.
- To reduce the amount of fat in meals, drain off any liquid fat that appears during cooking. Consider rinsing ground beef or ground chicken with water, and then drain the meat well, before using it in recipes.
- Add **lean sliced turkey or ham** to your salads for a protein punch with minimal amounts of fat!

## Lean Meats Recipe!

### Chicken and Fruit Spinach Salad

Makes 4 servings

#### Ingredients

1 lb **roasted chicken breast**, torn into bite-sized pieces  
 3 cups fresh, raw spinach (look for spinach in a bag)  
 2 medium-sized pink or white grapefruits  
 2 medium-sized red delicious apples  
 3/4 lb. seedless green grapes  
 1/3 cup reduced-fat Dijon or balsamic vinegar salad dressing

Chop 1 cup loosely packed spinach leaves; set remaining leaves aside. Peel grapefruits; remove sections with a knife. Cut unpeeled apples into 3/4-inch pieces. In a large bowl, combine chicken, chopped spinach, fruit, and salad dressing; toss to coat. To serve, arrange remaining spinach leaves on platter; spoon chicken salad over spinach leaves.

## Lean Meats Recipes!

### ROAST BEEF-N-CHEESE WHOLE WHEAT QUESADILLA

Makes 4 servings

#### Ingredients

2 ounces sliced **lean roast beef** (can be from the deli!)  
 4 (8 inch) whole wheat flour tortillas  
 3/4 cup grated reduced fat cheddar cheese  
 2 tbsp. minced red onion  
 1/4 tsp. ground black pepper  
 1/4 cup tomato salsa and/or horseradish sauce

Divide **lean** roast beef among two of the whole wheat flour tortillas, lying flat. Evenly sprinkle **reduced fat cheese**, onion, and pepper on roast beef. Top each with another whole wheat flour tortilla, firmly pressing together. Spray top and bottom of each whole wheat flour quesadilla with cooking spray (or with thin layer of extra virgin olive oil). Heat a large nonstick pan over medium-high heat. Cook filled quesadillas in batches, while gently pressing down with spatula for three to five minutes per side or until golden brown. Cut each quesadilla into four wedges. Serve warm with a dollop of horseradish sauce or tomato salsa on each wedge.

### Turkey-Apple Gyros

Makes 4 servings

#### Ingredients

1 medium Golden Delicious apple; cored and thinly sliced  
 2 tbsp lemon juice  
 1 cup thinly sliced onion  
 1 medium red bell pepper; cut into thin strips  
 1 medium green bell pepper; cut into thin strips  
 1 tsp olive oil  
 8 oz cooked **turkey breast**; cut into thin strips (or thick slices from the deli to make it easier)  
 6 whole wheat pita bread rounds; lightly toasted  
 1/2 cup plain low fat Greek yogurt  
 1 garlic clove; minced

Toss apple with lemon juice; set aside. In a large nonstick skillet, sauté onion and peppers in hot oil, stirring frequently until crisp-tender. Add turkey to skillet and stir until heated through. Stir in apple mixture. In a small bowl, combine garlic and yogurt. Fill pitas with turkey mixture. Drizzle with yogurt mixture.