

Recipe Courtesy of **YOUR INDIANA TURKEY FARMERS**



Facts

- Indiana is the fourth largest turkey producer in the United States, producing over 20 million turkeys annually.
- Americans eat about 16 pounds of turkey annually.
- A 3.5-ounce portion of roasted skinless turkey breast is about 160 calories, contains only 4 grams of fat, 30 grams of protein and is naturally low in sodium.
- Turkey should be cooked to an internal temperature of 165°F to ensure ideal preparation. To check the temperature, place a meat thermometer in the innermost part of the thigh or the thickest part of the breast.
- Scan the QR Code below with your phone to learn all about how turkeys are raised in Indiana or visit www.IndianaTurkey.com.



INDIANA
STATE FAIR



ALL ABOUT TURKEY

Buffalo Turkey Skewers



INGREDIENTS

- 2 whole turkey breasts
- 1 cup your favorite Buffalo (or hot) sauce
- 8 ounces unsalted butter
- 1 Tablespoon salt
- 1 teaspoon pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1 cup sweet onion
- 1 cup button mushrooms

INSTRUCTIONS

1. Cube turkey breast into 1-to-2-inch cubes and skewer evenly on four skewers.
2. Season turkey skewers with salt, pepper, garlic, onion, chili and paprika.
3. Heat the grill to medium-high heat. Place a small sauce pot on the grill to warm. Add hot sauce and butter to the pot and mix well to make Buffalo sauce.
4. Slice and skewer veggies. We used green pepper, onion and mushrooms, but you can add in your favorite grilling veggies.
5. Place all skewers on the grill, rotating every 2-3 min until an internal temperature of 165°F has been reached. Drizzle with Buffalo sauce every time you turn. Keep rotating and drizzling until fully cooked. Serve up and enjoy!