



SERVING UP

Savings!

weis

SERVES 4 for \$3
PER SERVING

Caribbean-Style Turkey Thighs

KEY INGREDIENT SHOPPING LIST

1 Can (14-1/2 oz) Weis Quality Petite Diced Tomatoes	\$1.09
2 Fresh yellow onions	\$1.00
1 Bulb fresh garlic	\$0.50
1 Pound PA Locally Grown skinless/boneless turkey thighs-BIGGER DEAL!.....lb.	\$2.79
1 (15.5 oz) can From the Field black beans.....	\$0.88
1 Box (6.8 oz) Weis Quality Spanish rice mix.....	\$1.09
1 Plantain	\$0.50
1 Bunch fresh cilantro.....	\$1.00
1 package (12 ounces) Wrap-itz Traditional Flour Taco.....	\$2.69

PRICES EFFECTIVE 8-13-09 THROUGH 8-19-09

INSTRUCTIONS:

- 1 Tablespoon flour
- 1 Can (14-1/2 oz) diced tomatoes, drained, juice reserved
- 1 Fresh yellow onion, chopped
- 1 Teaspoon fresh garlic, minced
- 1/2 Teaspoon cumin
- 1 Pound skinless/boneless turkey thighs

Prepare Spanish rice according to package directions
In regular size oven cooking bag, coated with flour, add tomatoes, onion, garlic, cumin and salt. Close bag and squeeze mixture to combine. Add turkey, close and turn bag and squeeze to coat.

Using a plastic twist tie, close bag securely and place bag in 2-quart microwave-safe dish. Cut six 1/2-inch slits in top of bag. Cook in microwave at MEDIUM-HIGH 25 to 30 minutes or until food thermometer reaches 180 °F when inserted into thighs. Turn dish halfway through cooking time.

Remove dish from microwave and allow to stand 10 to 15 minutes. Transfer turkey and tomato mixture to bowl. Using two forks, shred turkey and reserve to the side.

To serve, place turkey in center of large platter. Alternate mounds of Spanish rice and black beans (recipe to follow) around turkey. Garnish with plantain slices (recipe to follow) and cilantro.

PLANTAIN:

Slice plantain in half crosswise and cut lengthwise into 1/8-inch slices. Arrange plantain slices on 10-X 15-X 2-inch baking sheet, lightly sprayed with canola oil cooking spray. Spray top of plantain slices with cooking spray. Bake at 425 °F for 13 to 15 minutes or until lightly browned and crisp.

BLACK BEANS:

In small saucepan over medium heat, combine beans, reserved tomato juice, 2 tablespoons chopped cilantro, 1 fresh minced onion and 1 teaspoon fresh minced garlic. Cook 10 minutes or until heated throughout.

Recipe and photo courtesy of The National Turkey Federation.

