

Cain's Corner

MARY ALICE CAIN, M.S., R.D., L.D.

Nutrition Tips from USAPEEC's
Registered Dietitian



Serving turkey for your holiday feast? Try these tricks to add even more flavor to this nutritious protein!

- A dry brine of Kosher salt and brown sugar creates not only a crisp skin but also beautiful caramelization.
- If using the dry brine, let the turkey chill at least 12 hours after covering in salt mixture so that the skin dries out and results in that perfect cooked crispiness.
- Cooking your favorite stuffing *outside* the bird is the safest option and allows the stuffing to develop a palatable crunch.
- If you're faithful to preparing your stuffing inside the bird, ensure that both the stuffing and the bird reach an internal temperature of 165 degrees F before eating.

Turkey Tips



For a yummy glaze, I recommend the following combo from *Bon Appetit* (Simmer until thickened, then glaze bird a few times throughout roasting):

- 1/4 cup sherry vinegar
- 4 tsp Worcestershire sauce
- 2 Tbsp honey
- 4 cloves garlic, smashed
- 4 sprigs rosemary
- 2 orange peels
- 1 stick unsalted butter