

## Fat Boy's Turkey Pasta

(And for those turkey leftovers, how about a new, non-casserole recipe?!)

2 cups cubed cooked turkey, chilled  
1 tbsp. **Cowgirl Ride 'Em Rub** (can substitute **Premium All Purpose Rub**)  
1 large onion sliced into rings  
1 tbsp. butter or margarine  
1 medium diced tomato  
¾ cup chicken stock  
Salt and pepper  
2/3 cup plain low-fat yogurt  
2 tbsp. flour  
1 tbsp. tomato paste  
3 cups hot cooked pasta  
3 tbsp. fresh parsley (optional)

Lightly coat turkey cubes in **Cowgirl Ride 'Em Rub (Premium All Purpose Rub)**, then heat until they are hot. Sauté the onion in butter/margarine until soft. Add the diced tomato and sauté for a minute or two more. Stir in the chicken stock, and add salt and pepper to taste. Combine yogurt, flour and tomato paste in a small bowl. Slowly add the mixture to the pan. Cook and stir until the sauce is thick and bubble, stirring to keep it from sticking to the pan (watch so that your heat is not too high). If using fresh parsley, toss it with the hot drained pasta. Place the pasta on a serving platter and top with the hot turkey cubes. Spoon some of the sauce over the turkey, and pass the remaining sauce with the platter of pasta.

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## Grilled Turkey Tenderloin

1 lb. turkey tenderloin, cut ¾" – 1" thick  
1 ½ cup cranberry cocktail juice  
1 ½ tsp. **Premium Marinade**  
2 tbsp. dehydrated onion  
**Cowgirl Ride 'Em Rub**

Blend juice and marinade, add dehydrated onion and put in shallow pan. Add turkey, turning to make sure all sides are coated. Cover and marinate in refrigerator for several hours, turning meat occasionally. Remove meat and discard marinade. Lightly sprinkle **Cowgirl Ride 'Em Rub** on meat and grill 6 – 8 minutes per side, depending on thickness of meat. Turkey is done when there is no pink color in center. Do not over cook. Serves 3 – 4

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## Fat Boy's "Perfect Every Time" Pecan Turkey

1 – 12-14 lb. fully thawed turkey  
2 onions, carrots and ribs of celery  
2 tsp. dried thyme  
¼ cup of unsalted butter (margarine permitted), melted  
Pecan Rub  
1 – 16 oz. can low sodium chicken broth

Adjust oven rack to lowest position and preheat to 325 degrees. Coarsely chop onions, carrots and celery ribs. Chop neck and giblet meats into 1" pieces. Spread coarsely chopped vegetables, thyme and neck/giblet pieces into a large roasting pan. Line a turkey v-rack with foil and poke several holes in the foil. Set the rack inside of the roasting pan and spray the foil with cooking

spray. Brush the entire turkey with melted butter and sprinkle **Pecan Rub** all over the turkey, including inside the turkey cavity. Lay the turkey in the turkey rack, breast side up. Pour can of chicken broth into the roaster. Roast the turkey in the oven until the thigh registers 170 or breast registers 160 degrees, about 3 hours. When turkey is done, remove from oven and transfer to a carving board. Allow to sit for 30 minutes prior to carving.

**Note: Optional Finish for “Perfect Every Time” Pecan Turkey**

Carefully coat turkey’s exposed surface with **Cowgirl Sweet n’ Hot Glaze**, 30 minutes before cooking process is completed.