



Add Taste and Nutrition to

# Holiday TRADITIONS

WITH PEANUTS AND PEANUT OIL

Peanuts and peanut butter are an American favorite that pairs well with almost any food to create healthy and enjoyable holiday meals. Try adding chopped peanuts to vegetable and meat dishes for added crunch and fiber, cooking with peanut oil to give a rich nutty flavor to foods, or baking with peanut butter to increase protein and nutrient density.

- Peanuts have been shown to **help reduce the risk of chronic diseases** including heart disease and type 2 diabetes.<sup>1</sup>
- Peanuts and peanut butter promote satiety and **weight management**.<sup>2,3</sup>
- Peanuts are nutrient dense and affordable, **making it easy to add more nutrition** to your holiday.

## Increase Flavor and Heart Health with Peanut Oil

- Deep-fried turkey is a long-standing American holiday tradition, and **peanut oil is the preferred cooking oil by chefs**.
- Peanut oil has a high smoke point, allowing foods to be cooked quickly at a high temperature so they **absorb less of the fat and calories while still packing in lots of flavor**.<sup>4</sup>
- It is **trans fat-free, cholesterol free**, and low in saturated fat. Peanut oil also contains high amounts of monounsaturated fat, the same **healthy fat** found in olive oil.<sup>5</sup> Research shows it can help decrease the risk of heart disease by helping to improve cholesterol and can also reduce the risk of type 2 diabetes.<sup>6</sup>
- Peanut oil is a **good source of vitamin E**, containing over 10% of the daily value. It also contains phytosterols that can help to decrease cholesterol and may be cancer-preventative.<sup>5,7</sup>

## Pack Protein and Nutrients with Peanut Butter

- Peanut Butter is high in protein and convenient; it is found in almost every household and contains **8 grams of protein per 2 tablespoons**.<sup>5</sup> Try adding it to sauces and soups for thickening.
- By law peanut butter must contain 90% peanuts to be called peanut butter, and **contains very little added sugar and salt**. In addition, research shows that trans fat levels in commercial peanut butter are 150 times less than what is required to be labeled, and that a person would have to eat 10 ½ pounds of peanut butter to get 0.5 grams of trans fat.
- Peanut butter is an **excellent source of niacin, a good source of magnesium, phosphorus, and vitamin E**, and contains many additional nutrients and antioxidants.<sup>5</sup>
- It is a **vegan, gluten-free ingredient** that can add peanut flavor, plant-based protein, and heart-healthy oils to any baked dish when used as a substitution for butter.



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**For the crispiest skin and juiciest meat, try a deep-fried turkey in peanut oil.**

## THE PERFECT HOLIDAY TURKEY

Deep-fried turkeys in peanut oil are now the second most preferred way to prepare turkey, but take much less time than a traditional roasted turkey and is very similar from a nutritional standpoint. A 4-ounce serving of roasted turkey has 241 calories and 12 grams of fat while a 4-ounce serving of turkey deep-fried in peanut oil comes in at 253 calories and under 14 grams of fat, a very subtle difference.

### Ingredients:

- One 10 lb. turkey
- 1 tablespoon of salt
- 1 teaspoon of black pepper
- 1 teaspoon of garlic powder
- 2 tablespoons of your favorite dry rub
- 2 to 4 gallons 100% peanut oil (just to cover the turkey)

### Directions:

Wash bird inside and out, and allow to drain. Rub turkey with the salt, pepper, garlic, and dry rub. Allow to sit at room temperature for 1 hour or until completely thawed and dry. Pre-heat peanut oil outdoors in a turkey fryer or a very large stockpot to 350 degrees F. Make sure there is no moisture on the skin and carefully lower turkey into hot oil either in the fryer basket or using a sturdy tool inserted into the chest cavity. Submerge the turkey completely. Fry turkey for 3 minutes per pound plus 5 minutes per bird. Internal temperature should reach 165 degrees. Remove turkey from the oil. Let sit 20 minutes before serving. Makes 4 servings.

Recipe courtesy of: <http://www.turkeyfrying.net>

## REFERENCES

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