

October 2019 Feature Menu Recipe

Porcupine Sliders

Ground Turkey – 1 lb

Brown Rice – ¼ Cup

Diced Onions – 3 Tbsp

Fresh Garlic – 2 Tsp

Fresh Celery, Diced – ½ cup

Liquid Eggs – 1/3 Cup

Dried Cranberries – 1/3 Cup

Baby Spinach – 1 ¼ Cup

Canola Oil – 1 Tsp

Water – ½ Cup

Worcestershire Sauce 1 Tsp

Salt – ½ Tsp

Ground Black Pepper – ¾ Tsp

Mini Whole Grain Rolls – 8



Directions: 1. Combine water and brown rice in a stockpot and bring to a boil. Cover and cook until water is absorbed (30-40 minutes...use minute rice if wanting quicker process).

2. Heat oil. Sauté onions, celery, and garlic for 5-7 minutes, cover and refrigerate.

3. Combine turkey, eggs, cranberries, spinach, Worcestershire sauce, salt, pepper, brown rice, and onion mixture; mix well.

4. Portion into patties (1/2 cup).

5. Bake at 350 F for 18 minutes.

6. Serve on Whole Grain Roll with (optional) lettuce, tomatoes, and condiments.