

The  
Good

Stuff

Turkey  
recipes for  
every day



# Fat Content of Popular Meats

Based on 100 g (3 1/2 oz serving)

<b>Skinless Turkey Breast, roasted</b>	<b>1 g</b>
Skinless Chicken Breast, roasted	2 g
<b>Turkey, dark meat only, roasted*</b>	<b>3 g</b>
Pork Tenderloin, roasted	5 g
Chicken, dark meat only, roasted*	7 g
Beef Sirloin Steak, broiled	7 g
Beef Rump Roast, roasted	8 g
Pork Loin Chop, roasted	10 g
Veal Loin Chop, broiled	12 g
Lake Trout, broiled or baked	13 g
Fried Chicken	14 g
Fast Food Fish Sandwich	20 g

\* Skin removed after cooking

SOURCES: Nutrient Analysis Study, 2003 - Saskatchewan Food Industry Development Centre Inc.  
Canadian Nutrient File, Health Canada

# Nutrition Facts

## Nutrient Analysis – Skinless, Boneless, Cooked (Roasted) Turkey

Per 100 g (3 1/2 oz)	Dark Meat		White Meat	
	Amount	% Daily Value	Amount	% Daily Value
Calories	140 kcal		130 kcal	
Fat	3 g	5 %	1 g	2 %
Saturated Fat	1 g	5.5 %	0.2 g	3 %
+ Trans Fat	0.1 g		0.4 g	
Protein	27 g		30 g	
Cholesterol	80 mg		55 mg	
Carbohydrate	2 g	1 %	0 g	0 %
Fibre	0 g		0 g	
Sugar	0 g		0 g	
Iron		10 %		4 %
Calcium		2 %		0 %

SOURCE: Nutrient Analysis Study, 2003 - Saskatchewan Food Industry Development Centre Inc.

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# Caramelized Onion and Pesto Lasagna

Serves 8-10

Prep time 45 minutes

2 tbsp	olive oil	30	mL
2 large	onions, thinly sliced	2	
2 tbsp	brown sugar	30	mL
10	sheets fresh* lasagna noodles (4.5" X 12.5")	10	
1 3/4 cup	pesto	414	mL
4 cups	<b>cooked TURKEY, chopped</b>	<b>946</b>	<b>mL</b>
3 cups	low fat ricotta cheese	710	mL
4 large	tomatoes, sliced	4	
1 cup	mozzarella cheese, shredded	250	mL
1/4 cup	Parmesan cheese, grated	60	mL

Pre-heat oven to 350°F (180°C).

Lightly oil a 13" X 9" baking dish.

In a large pan heat oil on medium. Add onions and brown sugar and sauté for 15 minutes or until onions are soft and starting to caramelize. Set aside.

In the baking dish, spread 2 tbsp pesto on the bottom.

Place a single layer of noodles (2) to cover the entire bottom of the dish. Spread the noodles with 3/4 cup pesto evenly. Layer 2 cups of cooked Turkey on top of the pesto, and then half of the caramelized onions.

Place another layer of noodles on top of the onions, pressing lightly. Spread 1 1/2 cups of ricotta cheese evenly over the noodles. Cover cheese with a single layer of tomato.

Place another noodle layer and repeat turkey/onion layer. Cover once more with noodles and repeat ricotta/tomato layer. Finish with another layer of noodles and then spread top with remaining pesto. Sprinkle mozzarella and parmesan cheese evenly over the top.

Cover dish with lightly greased foil and bake for 15 minutes. Remove foil and bake 5-10 minutes more or until cheese is melted and starting to turn golden. Remove from oven and let sit for 5 minutes. Serve!

\*Some fresh noodles are dry. Place noodles one at a time in hot water for a few seconds to soften.





# Sweet Potato Shepherd's Pie

Serves 8

Prep time 45 minutes

## Topping:

5 large	sweet potatoes	5
2 tbsp	butter	30 mL
1/2 cup	buttermilk	125 mL
1/4 cup	fresh parsley, chopped	60 mL
	salt and pepper to taste	

## Filling:

1 tbsp	olive oil	15 mL
1 large	onion, diced	1
2 cloves	garlic, minced	2
<b>2 lbs</b>	<b>ground TURKEY</b>	<b>910 grams</b>
3 large	carrots, chopped	3
1 cup	button mushrooms	250 mL
1 cup	fresh or frozen peas	250 mL
	(if using frozen, do not thaw)	
2 tbsp	tomato paste	30 mL
1/4 cup	BBQ sauce or ketchup	60 mL
1/4 cup	all purpose flour	60 mL
1 cup	chicken stock	250 mL
	salt and pepper to taste	

Pre-heat oven to 375°F (190°C).

Lightly oil a 13" X 9" baking dish.

Prick each potato several times with a fork and microwave no more than three at a time until tender (approx. 4 minutes for each potato). Remove skins and place potatoes in a large bowl. Add remaining topping ingredients and mash well. Set aside.

In a large skillet, on medium-high, heat oil. Sauté onions until transparent, add garlic and sauté for 30 more seconds. Add ground turkey and sauté until meat is cooked and starting to brown. Add carrots, mushrooms and peas. Sauté for two minutes. Add tomato paste and BBQ sauce. Add flour and blend well. Add chicken stock. Continue cooking until mixture starts to thicken, approx. 5 minutes. Remove from heat.

Turn turkey mixture out into baking dish and spread evenly. Top the turkey with sweet potato, spreading evenly to cover the entire dish. Bake uncovered for 20 minutes or until ingredients start to bubble up the sides, and the top starts to brown.

Make up ahead and freeze!





# Three Cheese Pasta Bake

Serves 6-8

Prep time 40 minutes

3 tbsp	olive oil	45 mL
1 large	onion, diced	1
2 cloves	garlic, minced	2
2 tbsp	dried Italian seasoning	30 mL
<b>1 lb</b>	<b>ground TURKEY</b>	<b>455 grams</b>
1 cup	chicken stock	250 mL
2 cups	diced tomatoes, with liquid	500 mL
1 cup	fresh mushrooms, sliced	250 mL
1 cup	zucchini, chopped	250 mL
1 cup	low fat ricotta cheese	250 mL
1 cup	fontina cheese, grated	250 mL
1/4 cup	Parmesan cheese, grated	60 mL
1 cup	mozzarella cheese, diced	250 mL
1 lb	ziti, dried	455 grams
1/2 cup	panko Japanese bread crumbs or regular bread crumbs	125 mL

Pre-heat oven to 425°F (220°C).

Lightly oil a 13" X 9" baking dish.

In a large skillet, on medium, heat oil. Add onions and sauté until soft. Add garlic and seasoning and sauté a few minutes more. Add ground turkey. Sauté until meat is cooked and starts to brown. Season with salt and pepper to taste. Add stock, tomatoes, mushrooms and zucchini. Bring mixture to a boil and cook covered for 5 minutes.

In a bowl, blend ricotta cheese, 1/2 cup fontina cheese, and mozzarella cheese. Set aside.

Cook ziti in salted boiled water until al dente\*. Drain pasta but do not rinse. Toss warm pasta with cheese mixture. Add turkey mixture and toss again. Pour pasta into baking dish and sprinkle with remaining 1/2 cup fontina cheese and bread crumbs.

Bake for 20 minutes or until cheese is melted and golden.

\* Al dente means "to the tooth" or slightly under cooked/slightly firm to the bite.





# Balsamic Veggie Turkey Pizza

Serves 4

Prep time 45 minutes

2 tbsp	olive oil	30	mL
2 tbsp	balsamic vinegar	30	mL
2 cloves	garlic, minced	2	
1 tbsp	dried Italian seasoning	15	mL
1 tbsp	sugar	15	mL
1 medium	zucchini*, thinly sliced	1	
1	red pepper, thinly sliced	1	
1	prepared pizza dough	1	
	all purpose flour for dusting		
2 tbsp	corn meal (optional)	30	mL
1 1/2 cups	pizza sauce	350	mL
1/4 cup	Parmesan cheese, grated	60	mL
1 1/2 cups	mozzarella cheese, grated, or Italiano blend	350	mL
1 cup	baby spinach	250	mL
2 tbsp	fresh basil, chopped	30	mL
2 cups	<b>cooked TURKEY, cut into strips**</b>	<b>500</b>	<b>mL</b>

Pre-heat oven to 425°F (220°C).

In a large bowl, combine olive oil, balsamic vinegar, garlic, Italian seasoning and sugar. Toss zucchini and red pepper in dressing and grill until tender crisp. Set aside.

Roll out prepared pizza dough on a floured surface. (If desired, reduce the amount of dough for a thinner crust.) Sprinkle corn meal on an oiled pizza pan and place flattened dough on top. Spread sauce on dough. Cover evenly with cheeses, baby spinach, basil, grilled veggies, and cooked turkey.

Bake pizza on the middle rack of the oven for 12-14 minutes, or until crust is cooked and cheese is golden.

\*Or use your favourite grilled veggies.

\*\*Substitute strips with 1 lb of cooked ground Turkey.





# Nutty Pesto Personal Pizzas



Serves 6

Prep time 30 minutes

4 tbsp	olive oil, divided	60 mL
1/2 cup	red onions, thinly sliced	125 mL
1 clove	garlic, minced	1
<b>1 lb</b>	<b>ground TURKEY*</b>	<b>455 g</b>
6	whole wheat pitas	6
1 tbsp	coarse salt	15 mL
1 tbsp	dried oregano	15 mL
6 tbsp	pesto	90 mL
1/4 cup	pine nuts, toasted	60 mL
1 cup	Asiago cheese	250 mL

Pre-heat oven to 400°F (200°C).

In a large skillet on medium, heat 2 tbsp oil.

Add onions and sauté for five minutes. Add garlic and sauté two minutes more.

Add ground turkey and sauté until completely cooked and starting to brown. Approx. 10 minutes. Remove from heat and set aside.

Brush each pita with remaining olive oil. Season each pita with salt and oregano.

Spread each pita with 1 tbsp of pesto. Divide turkey mixture evenly between the six pitas. Repeat with pine nuts and cheese.

Transfer pizzas to a baking sheet and bake for 10 minutes or until cheese is melted and golden.

\*Use leftover cooked turkey instead of ground!



# Goat Cheese and Red Pepper Frittata



Serves 6-8

Prep time 45 minutes

1 tbsp	olive oil	15 mL
2 tsp	Italian seasoning	10 mL
1 cup	fresh mushrooms, sliced	250 mL
1 cup	red onions, sliced	250 mL
1/4 cup	parsley, chopped	60 mL
12	eggs, beaten	12
1/4 cup	water	60 mL
	salt and pepper to taste	
1/2 cup	mozzarella cheese, shredded	125 mL
1 cup	goat cheese, crumbled	250 mL
1 cup	roasted red peppers*, sliced	250 mL
2 cups	<b>cooked TURKEY, diced</b>	<b>500 mL</b>

Pre-heat oven to 375°F (190°C).

Lightly oil a 13" X 9" baking dish.

In a large skillet on medium, heat oil and sauté Italian seasoning for 1 minute to release the flavour. Add mushrooms and onions and sauté until golden. Remove from heat and stir in parsley. Set aside.

In a large bowl, beat eggs, water, salt and pepper until foamy. Stir in mushroom and onion mixture, cheeses, red peppers, and turkey.

Pour mixture into prepared pan and bake in the centre of the oven for 30-40 minutes or until a knife inserted in the centre comes out clean.

\*Use prepared roasted peppers from a jar for added convenience.



# Creamy Parmesan Turkey Crepes

Serves 6-8

Prep time 45 minutes

## Crepe Batter:

2 cups	flour	500	mL
8	eggs	8	
1 cup	milk	250	mL
1 cup	chicken or vegetable stock	250	mL
2 tbsp	vegetable oil	30	mL
2 tbsp	melted butter	30	mL
1/4 cup	parsley, chopped	60	mL
1/4 cup	Parmesan cheese	60	mL
	salt and pepper to taste		
	cooking oil for making the crepes		

## Turkey Filling:

2 tbsp	olive oil	30	mL
1 small	onion, diced	1	
1 tbsp	oregano	15	mL
<b>1 1/2 lbs</b>	<b>TURKEY breast, cut into strips</b>	<b>680</b>	<b>g</b>
1 cup	button mushrooms	250	mL
3 tbsp	fresh sage, chopped	45	mL
1 cup	red peppers, thinly sliced	250	mL
1 cup	orange peppers, thinly sliced	250	mL
2 10 oz	cans low fat cream of mushroom soup	568	mL
2 cups	chicken or vegetable broth	500	mL
	salt and pepper to taste		

In a large bowl, make a well in the centre of the flour. In a second bowl, whisk together eggs, milk, stock, oil and melted butter. Pour liquid ingredients into the flour and blend well using a wire whisk. If batter is lumpy, pass through a sieve. Add parsley and cheese to smooth batter, cover, and refrigerate for 15 minutes.

To make the filling, in a large skillet over medium, heat oil. Add onion and oregano and sauté until softened. Add turkey and cook until turkey is cooked through and starting to brown. Add mushrooms, sage, and peppers and sauté for five minutes or until vegetables are tender crisp. Add mushroom soup and broth and bring to a boil. Set heat to low and keep mixture warm while you make the crepes.

To make crepes, heat oiled small crepe or frying pan over medium-low heat. Spread one ladle of batter on pan, swirling the pan until the batter is close to the sides. Cook until the batter is set and the edges start to curl. Flip for a moment and then remove and place on a tray.

Divide turkey mixture between the 16 crepes. Place filling on one edge of the crepe and roll. Serve sprinkled with grated Parmesan cheese.

## Hints:

- if batter is setting too fast to spread, lower heat
- if batter is too thick add 1 tbsp of water or broth at a time until the batter resembles thin pancake batter
- crepes can be made ahead of time and kept well wrapped in the fridge for up to two days
- ready made crepes can be found in the produce section of most grocery stores





# Sizzling Turkey Fajitas

Serves 4

Prep time 30 minutes

2 tbsp	olive oil	30	mL
<b>1 1/2 lbs</b>	<b>TURKEY breast, cut into strips</b>	<b>680</b>	<b>g</b>
1 tbsp	chili powder	15	mL
1 tsp	cumin	5	mL
2 tsp	garlic, minced	10	mL
	salt and pepper, to taste		
1	large onion, chopped	1	
1	red pepper, sliced	1	
1	orange pepper, sliced	1	
4	flour tortillas	4	
1 large	avocado, peeled and cut into 8 slices	1	
1/2 cup	sour cream	125	mL
1/4 cup	green onions, sliced	60	mL
1/4 cup	fresh coriander, chopped (optional)	60	mL

In a large skillet on medium high, heat olive oil.

Toss turkey with chili powder, cumin, garlic, salt and pepper. Add to skillet and sauté until turkey is cooked through. Add onion and peppers and sauté five minutes more, or until turkey is browned and peppers are tender crisp.

Warm flour tortillas in the microwave for a few seconds.

Divide fajita mixture between the four tortillas and top with two slices of avocado, sour cream, green onions and coriander.

Fold and serve!

Use refried beans or salsa for a different and delicious alternative!





# Crispy Cornmeal Turkey Calzone



Serves 4

Prep time 30 minutes

4 tbsp	olive oil, divided	45 mL
1/4 cup	cornmeal	60 mL
1	prepared pizza dough	1
1 cup	all purpose flour for rolling dough	250 mL
1 cup	pizza sauce	250 mL
1/2 cup	fresh basil leaves	125 mL
1/4 cup	mozzarella cheese, shredded	60 mL
<b>1 lb</b>	<b>cooked TURKEY thighs, or leftovers</b>	<b>455 mL</b>
1 small	red onion, thinly sliced	1
1/2 cup	mushrooms, thinly sliced	125 mL
1/4 cup	pitted black olives, sliced	60 mL
2 tbsp	coarse salt	30 mL
2 tbsp	dried oregano	30 mL

Pre-heat oven to 400°F (205°C).

Coat a baking pan with 2 tbsp olive oil and sprinkle with cornmeal. Set aside.

Divide pizza dough into four equal pieces. Roll each piece out into a circle approx. 10" in diameter. Spread 4 tbsp of sauce over one half of each circle leaving a half inch bare edge so that you can seal your pocket when you are done. Layer the remaining ingredients over pizza sauce, dividing the ingredients equally between the four circles.

Carefully fold the bare side of the dough over the ingredients forming a pocket and firmly press the edges to seal.

Lightly brush each calzone with olive oil and sprinkle with coarse salt and oregano.

Place each calzone on the baking sheet and bake for 25–30 minutes or until dough is cooked and golden!

Serve with extra pizza sauce for dipping, and a side salad for a great meal!

\* Use your own favourite fillings to customize your meal!



# Asian Breaded Turkey Thighs

Serves 4

Prep time 75 minutes

<b>4</b>	<b>skinless, bone-in TURKEY thighs</b>	<b>4</b>
1/2 cup	teriyaki sauce	125 mL
1 tbsp	garlic, minced	15 mL
1 tbsp	fresh ginger, minced (optional)	15 mL
1 cup	all purpose flour	250 mL
4	eggs, beaten	4
2 cups	panko Japanese bread crumbs	500 mL
	salt and pepper to taste	

Pre-heat oven to 350°F (180°C).

In a shallow dish, toss turkey thighs with teriyaki sauce, garlic and ginger. Let marinate in the refrigerator for a half hour or more.

Place flour in a shallow dish. Place beaten eggs in another shallow dish, and the panko crumbs and salt and pepper in a third shallow dish.

To coat, remove turkey thigh from sauce, leaving any sauce on the thigh intact. Dredge the thigh in the flour, shaking off any excess flour, then dip the whole thigh in the egg, coating completely. Finally dip thigh in the bread crumbs, coating well. Place on a lightly oiled baking sheet. Repeat with the other thighs.

Bake for 45 minutes or until turkey is cooked and tender. Drizzle with more teriyaki sauce and serve with baby corn and Chinese greens or broccoli.





# Pesto & Sun-Dried Tomato Turkey Kabobs



Serves 4

Prep time 45 minutes

8	wooden skewers	8
1/2 cup	pesto	125 mL
1/2 cup	sun-dried tomatoes, packed in oil*	125 mL
1 1/2 lbs	<b>skinless, boneless TURKEY meat</b>	<b>680 g</b>
4	green onions, cut into 4	4
16	cherry tomatoes	16
1	yellow pepper, cut into 16	1
1	orange pepper, cut into 16	1

Pre-heat grill to medium-high.

Soak skewers in water for a minimum 15 minutes.  
(Skewers can be put in water the night before.)

In a food processor, combine pesto and sun-dried tomatoes and pulse into a thick paste.

Cut turkey into 1.5" chunks. Toss turkey cubes and veggies with pesto mixture to coat. Thread turkey on skewers alternating with veggies, dividing all ingredients evenly between the 8 skewers. Grill for 10–15 minutes turning the kabobs several times until turkey is cooked through and veggies are tender crisp.

Serve on a bed of steamed jasmine rice

\*If using sun-dried tomatoes not packed in oil, place tomatoes in a bowl with hot water and let sit for fifteen minutes, or until soft, before blending.



# Hazelnut & Lemon Crusted Turkey Breast



Serves 4-6

Prep time 90 minutes

Pre-heat oven to 350°F (180°C).

<b>2 lb</b>	<b>TURKEY breast, skinless and boneless</b>	<b>910 g</b>
1/2 cup	hazelnuts, toasted, with skins removed*	125 mL
2	lemons	2
3 tbsps	fresh rosemary, chopped	45 mL
1/4 cup	olive oil	60 mL
2 tbsps	butter, softened	30 mL
2 tsp	garlic, minced	10 mL
	salt and pepper to taste	

Spread hazelnuts on a baking sheet and toast in the oven for 5-10 minutes. Watch carefully as they burn very quickly. When they are lightly toasted, remove from the oven and \*roll hazelnuts between a few sheets of paper towel or a dry tea towel to remove most of the skins. Sort nuts from skins, discard skins, and set nuts aside.

Zest and juice one lemon. Place zest, juice, hazelnuts, and remaining ingredients into a food processor and pulse until the mixture resembles coarse bread crumbs.

Thinly slice the second lemon and layer into the bottom of a lightly oiled shallow baking dish. Place turkey breast on top of lemon slices. Evenly press nut crust over the top of the entire breast. Bake in the oven for 1 hour or until a meat thermometer registers 165°F (74°C). If crust starts to get too brown, cover lightly with a piece of foil or parchment paper.

Let rest five minutes after removing from oven, slice against the grain and serve!



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