

THINK TURKEY™

Inspired Leftover Turkey Recipes



Baked Turkey, Pineapple & Jalapeno Spring Rolls

MAKES: 15 ROLLS | PREP TIME: 20 MINS | COOK TIME: 30 MINS

INGREDIENTS:

1 cup 250 ml	Roasted Turkey, shredded
1 tbsp 15 ml	canola oil
2 cups 500 ml	coleslaw mixture
1 tbsp 15 ml	garlic, minced
2 tbsp 30 ml	jalapeno, seeds removed and minced
1/2 cup 125 ml	fresh pineapple, diced small
1 tbsp 15 ml	oyster sauce
1/2 tsp 2.5 ml	soy sauce
1 tsp 5 ml	cornstarch
15	spring roll wrappers, defrosted
2 tbsp 30 ml	water
1 tbsp 15 ml	cornstarch
	oil spray

DIRECTIONS:

1. In a medium saucepan or wok, heat canola oil over medium.
2. Add coleslaw mixture and cook for 3 minutes or until cabbage is wilted.
3. Add garlic and jalapeno and cook an additional minute or until fragrant.
4. Add shredded turkey and pineapple and heat through.
5. Make a slurry with oyster sauce, soy sauce and cornstarch. Add to cabbage and turkey mixture. Cook for 3 minutes or until liquid is gone.
6. Remove from heat and let mixture cool fully.
7. Preheat oven to 325°F (165°C).
8. Mix water and cornstarch in a small bowl and separate spring roll wrappers.
9. With one point toward you, place 2 tbsp (30 ml) of cooled filling along the center of each wrapper. Brush over edges of the point that is away from you with flour and water mixture. Fold bottom point snugly over filling. Fold in sides and roll over top point, pressing to seal. Repeat with rest of filling.
10. Place spring rolls on a oil sprayed cooking sheet. Lightly spray the tops of the spring rolls with oil spray and bake for 20 minutes. No need to flip.
11. Serve with favourite dipping sauce.

*Recipe courtesy of:
Manitoba Turkey Producers*

Turkey Fried Rice

SERVES: 4 | PREP TIME: 10 MINS | COOK TIME: 10 MINS

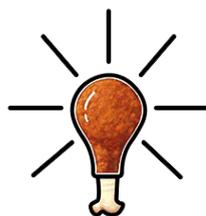
INGREDIENTS:

1 1/2 cup 375 ml	Roasted Turkey, shredded
1 tbsp 15 ml	sesame oil
3 cups 750 ml	leftover cooked rice
1 cup 250 ml	frozen vegetable medley (corn, carrot, peas and green beans)
1/4 cup 60 ml	yellow onion, chopped
1 tsp 5 ml	garlic, minced
2 tbsp 30 ml	dark soya sauce
1 tbsp 15 ml	Chinese cooking wine (Shaoxing wine)
2	large eggs, scrambled
1/4 cup 60 ml	green onion, chopped

DIRECTIONS:

1. In a large frying pan, heat sesame oil over medium heat.
2. Add rice and onion. Heat up, breaking-up the rice.
3. Once onions are fragrant, add garlic and vegetables. Stir fry over medium-high heat for 3 minutes.
4. Add sauces and stir, ensuring rice is fully covered.
5. Add turkey and cook for an additional minute.
6. Create a well in the rice mixture and pour beaten egg. Scramble the egg as it cooks for 2 minutes or until solid.
7. Break up the egg into smaller pieces and mix throughout the rice mixture.
8. Remove from heat. Mix in green onions and serve immediately.

YOU SHOULD AIM FOR ABOUT 20-30 GRAMS OF PROTEIN DURING EACH MEAL. TURKEY HAS ABOUT 30GRAMS OF HIGH QUALITY PROTEIN PER A 100GRAM SERVING MAKING IT AN EASY & TASTY WAY TO MEET YOUR PROTEIN NEEDS.



Recipe courtesy of:
Manitoba Turkey Producers



Turkey Tortilla Soup

SERVES: 6-8 | PREP TIME: 15 MINS | COOK TIME: 25 MINS

INGREDIENTS:

Soup:

2 cups | 500 g
1 tbsp | 15 ml
1 cup | 250 ml
1 1/2 cups | 375 ml
2 tbsp | 30 ml
1 tbsp | 15 ml
1 tsp | 5 ml
1 tsp | 5 ml
2 tsp | 10 ml
8 cups | 2 l
1 cup | 250 ml
1 tsp | 5 ml
2 tbsp | 30 ml
1 tsp | 5 ml
1/4 tsp | 1.25 ml

Roasted Turkey, shredded
canola oil
yellow onion, finely chopped
fresh tomatoes, seeded and coarsely chopped (not roma)
jalapeno pepper, seeded and finely chopped
garlic, finely chopped
ground cumin
chili powder
paprika
homemade or low sodium turkey or chicken stock
fresh or frozen corn kernels
dried oregano leaves
fresh lime juice
salt
pepper

Toppings:

1/2 cup | 125 ml
1 cup | 250 ml
1/4 cup | 65 ml
2 cups | 500 ml
1/2 cup | 120 ml
1

sour cream
Monterey Jack, shredded
cilantro, chopped
tortilla chips, crushed
avocado, diced
lime, cut into wedges

DIRECTIONS:

1. In a soup pot over medium-high heat, sauté onion, tomatoes and jalapeno in oil until fragrant, about 5-8 minutes.
2. Add garlic, cumin, chili powder and paprika and sauté for an additional 2 minutes.
3. Add stock and corn then bring to a simmer for 10 minutes.
4. Stir in turkey, oregano, lime juice, salt and pepper and return to summer for 5 minutes.
5. Serve with sour cream, cheese, cilantro, tortilla chips, avocado and lime.

Recipe courtesy of:
Manitoba Turkey Producers

Turkey Buddha Bowls

SERVES: 4-6 | PREP TIME: 20 MINS | COOK TIME: 25 MINS

INGREDIENTS:

Salad:

2 cups | 500 g
2 398 ml cans
2 cups | 500 ml
2 tbsp | 30 ml
1 tsp | 5 ml each
to taste
3 cups | 700 ml
1 cup | 250 ml
2
1/2 cup | 125 ml
1/4 cup | 65 ml

Roasted Turkey, cubed
chickpeas, drained
sweet potato, cubed
olive oil
turmeric, ground cumin, garlic powder, onion powder
salt and pepper
kale, roughly chopped
shredded cabbage
avocados, sliced
slivered almonds
fresh cilantro, chopped

Dressing:

1/4 cup | 65 ml
1/3 cup | 75 ml
1 tbsp | 15 ml
2 tsp | 10 ml
1/2
1/4 cup | 65 ml
1/4 cup | 65 ml
1/2 tbsp | 30 ml

olive oil
water
Dijon mustard
apple cider vinegar
avocado
chopped fresh cilantro
fresh basil
honey

DIRECTIONS:

1. Preheat oven to 400°F (200°C).
2. Spread chickpeas and sweet potatoes on a non-stick baking sheet.
3. Drizzle with half the olive oil. Season with dried spices and salt and pepper to taste.
4. Bake for 20–25 mins or until lightly browned. Let cool and set aside.
5. While the chickpeas and potatoes bake, heat the other 1/2 of the olive oil in a large skillet over high heat.
6. Sauté kale until lightly browned and wilted, 2-3 mins. Set aside.
7. For the dressing, combine all ingredients and blend until smooth and creamy.
8. To assemble, divide cooked kale evenly between 4-6 bowls. Top with chickpeas, sweet potatoes, cabbage, avocado and a generous serving of turkey.
9. Sprinkle with almonds and cilantro. Drizzle with dressing and serve.



*Recipe courtesy of:
Turkey Farmers of Canada*



Italian Grilled Turkey Sandwiches

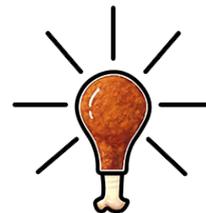
SERVES: 4 | PREP TIME: 10 MINS | COOK TIME: 20 MINS

INGREDIENTS:

1 1/2 cups 375 ml	Roasted Turkey, sliced
2 tsp 10 ml	butter
1 tsp 5 ml	olive oil
1	large red onion, thinly sliced
1 400 ml can	artichoke hearts in water, drained and sliced
1/2 cup 125 ml	roasted red peppers, drained and thinly sliced
8 slices	rye or multigrain bread
3 tbsp 45 g	softened butter
4 tsp 20 ml	old fashioned grainy mustard
3 oz 100 g	Provolone cheese, sliced

DIRECTIONS:

1. Heat butter and oil in a heavy bottomed skillet over medium-low heat.
2. Slowly sauté onions and artichokes, stirring frequently until golden brown.
3. Add red peppers, stir to incorporate and set aside.
4. Butter one side of four slices of bread. Place bread, butter side down, in a medium-hot skillet. On the other side of each slice of bread, spread mustard.
5. Top each slice of bread with equally parts of the grilled veggies. Add a generous amount of turkey and cheese to each sandwich.
6. Butter the remaining four slices of bread and place butter side out on top of each sandwich.
7. Grill sandwiches on both sides, flipping once, until lightly browned and cheese is melted. Serve warm.



FIND MORE SANDWICH RECIPES AT [THINKTURKEY.CA](http://thinkturkey.ca)

*Recipe courtesy of:
Manitoba Turkey Producers*

Mini Puff Pastry Turkey Pot Pies

SERVES: 8-10 | PREP TIME: 20 MINS | COOK TIME: 20 MINS

INGREDIENTS:

3 cups 700 g	Roasted Turkey, cubed
2 tbsp 30 ml	olive oil
2 cups 475 ml	leeks, finely chopped
2 cups 475 ml	mushrooms, cubed
1 cup 250 ml	celery, finely chopped
to taste	salt and pepper
1/2 cup 125 ml	white wine
2 tbsp 30 ml	cornstarch
1 cup 250 ml	turkey broth
	oil spray
2 sheets	store bought puff pastry, thawed

DIRECTIONS:

1. Heat olive oil in a non-stick frying pan to medium.
2. Sauté leeks until softened and lightly browned, 2-3 minutes.
3. Add mushrooms and celery and sauté until cooked through and browned, 6-8 minutes. Season with salt and pepper to taste.
4. De-glaze the pan with the white wine.
5. Sprinkle cornstarch over cooked vegetable mixture.
6. Add turkey broth and mix thoroughly. Bring to a gently simmer and continue to stir until broth thickens to a gravy. Remove from heat and mix in turkey.
7. Spray small oven proof containers with oil spray and generously fill each container with the turkey and vegetable mixture.
8. Top each container with puff pastry in a lattice pattern.
9. Bake pies in the oven according to puff pastry package directions.

LEFTOVER TURKEY CAN BE STORED IN A COVERED CONTAINER FOR UP TO 4 DAYS IN THE REFRIGERATOR OR UP TO 3 MONTHS IN THE FREEZER. HAVING ROASTED TURKEY ON HAND MAKES FOR QUICK WEEKDAY MEALS.



*Recipe courtesy of:
Turkey Farmers of Canada*

Caribbean Turkey Quesadillas

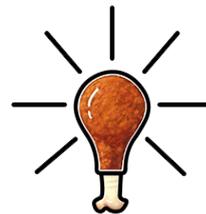
SERVES: 4-6 | PREP TIME: 10 MINS | COOK TIME: 20 MINS

INGREDIENTS:

2 cups 500 g	Roasted Turkey, shredded
1 tbsp 15 ml	coconut oil or vegetable oil
1/2 cup 125 ml	red onion, finely chopped
1 tbsp 15 ml	fresh ginger, finely chopped
1/2 cup 125 ml	yellow pepper, finely chopped
1/4 cup 60 ml	green onion, finely chopped
1/4 tsp 1.25 ml	ground chipotle pepper (or more for a spicier version)
1 tsp 5 ml	salt
1 tbsp 15 ml	fresh lime juice
2 tbsp 30 ml	cilantro, coarsely chopped
6 large	flour tortillas
1 1/2 cup 375 ml to serve	Monterey Jack cheese, shredded
	sour cream, salsa and guacamole

DIRECTIONS:

1. Preheat oven to 350°F (177°C).
2. Heat oil in a large skillet and add the onion, ginger and yellow peppers and stir until onions become soft.
3. Add turkey, green onion, chipotle pepper and sea salt, stirring for another 3 minutes.
4. Add lime juice and then cilantro. Stir well until most of the liquid is gone and then remove from heat.
5. Spread the turkey mixture onto half of a tortilla, top with cheese, fold in half and then place on a non-stick baking pan. Repeat with the other 5 tortillas.
6. Bake the quesadillas for 10 minutes or until tortilla is golden brown.
7. Cut quesadillas into wedges and serve with sour cream, salsa and guacamole.



THIS CARIBBEAN-INSPIRED TURKEY MIXTURE IS ALSO GREAT IN LETTUCE WRAPS OR ON NACHOS WITH CHEESE. YOU CAN ALSO TRY THIS RECIPE WITH GROUND TURKEY! SIMPLY BROWN THE TURKEY BEFORE ADDING THE ONION.

Recipe courtesy of:
Exceldor Cooperative

About Turkey Farmers of Canada

Turkey Farmers of Canada is a national organization representing Canada's 500+ turkey farmers. Created in 1974 under the federal Farm Products Agencies Act, the Agency encourages cooperation throughout the Canadian turkey industry, promotes the consumption of turkey meat and oversees the supply management system for turkey in Canada.

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