



Porcupine Sliders

by South Education Center Alternative (SECA)
Richfield, MN

Served as an entrée, this healthy and mouth-watering turkey burger is high in protein with just the right amount of spices and a kick of sweet cranberries. Served on whole-grain buns – it is a delicious, nutritious, and appetizing new way to get kids to eat healthy.



Ingredients

makes 6 servings

½ cup of medium grain brown rice
1 Tbsp of vegetable oil
2 Tbsp of yellow onions, minced
1 small clove of garlic, minced
1 small stalk of celery, washed and minced
16 oz of lean ground turkey
2 Tbsp of dried cranberries, chopped roughly

¾ cup chopped spinach leaves, stems removed
1 scant pinch of crushed red pepper
1 tsp of Worcestershire sauce
½ tsp of black pepper
½ tsp of salt
2 large eggs

Nutrition Facts	
Serving size: 2 oz	
Amount Per Serving	
Calories	163
From Fat	30%
From Saturated Fat	4%
From Sugar	5 g%
Sodium	216mg

Preparation

Cook brown rice according to package instructions. Then cool completely in the fridge. Preheat oven to 350 degrees. In a skillet, sauté onions, celery, and garlic in oil until soft, about 5 minutes. Transfer to fridge and cool completely. In a large mixing bowl, combine all ingredients and mix well. Portion into 2½ oz patties the diameter of buns onto a parchment-lined baking pan. Bake at 350 degrees for 12-18 minutes* until internal temp is 165 degrees. (Avoid overcooking – the turkey will dry out if cooked too long.) Serve on mini whole-grain rolls with optional lettuce, tomato, red onion, and condiments.

* Cooking time varies by oven. Use a thermometer to check starting at 12 minutes.