



# Turkey Shells in Mornay Sauce

Makes 4 servings    Preparation: 15 minutes    Cooking: 40 minutes

1 lb	<b>Eden Valley</b> turkey fillets or boneless turkey thighs, cut in strips (uncooked)	500 g
2 cups	small pasta shells	500 ml
1/2 cup	white wine	125 ml
	pinch Italian spices	
1/2 cup	EACH: green pepper, red pepper and yellow pepper, diced	125 ml
1/2 cup	onion, minced	125 ml
2 tsp	vegetable oil	10 ml
2 tbs	EACH: butter & flour	30 ml
1 cup	turkey stock (may be substituted with chicken stock)	250 ml
1 cup	milk	250 ml
	pinch of salt & pepper	
1/2 cup	Parmesan cheese	125 ml
	pinch of nutmeg to taste	

Cook pasta according to package directions and put aside. Place turkey strips in a baking dish. Pour wine & Italian spices on top. Cook in oven at 350°F (180°C) for 30 minutes. Sauté green, yellow, red peppers and onions slowly in oil until tender.

In a large pot, melt butter, add flour and cook over low heat. Add stock and milk, while stirring until thick. Season with salt, pepper, nutmeg. Mix cooked turkey, vegetables and parmesan in sauce. Pour on shells. Serve.



# Italian Turkey Sausage and Spinach Pie

Makes 5 servings

	Pastry for a 2-crust pie	
1 lb	<b>Eden Valley</b> ground turkey	500 g
1	medium onion, chopped	1
1/4 cup	chopped red pepper (optional)	50 ml
1 tbsp	olive oil	15 ml
1 tbsp	fennel seeds	15 ml
1 tbsp	dried basil	15 ml
1 tbsp	dried oregano	15 ml
1/2-3/4 tsp	crushed hot chili peppers	2-3 ml
10 oz	frozen, chopped spinach thawed & well-drained	300 g
7 oz	tomato sauce	200 ml
1	egg, beaten	1
1 cup	shredded Cheddar cheese	250 ml
1/4 cup	grated Parmesan cheese	50 ml

Roll out half the pastry and line a deep 23 cm (9 in.) pie plate. Cook turkey, onion and red pepper in hot oil about 5 minutes. Remove pan from heat and stir in remaining ingredients until well blended. Spread filling in pie shell; roll out remaining pastry and cover filling. Flute and seal edges and slash top crust. Bake at 200°C (400°F) for 15 minutes; lower to 180°C (375°F) and bake for 45 to 55 minutes or until bubbling and golden brown, covering edges with foil, if necessary, to prevent excessive browning during last 10 to 15 minutes. Serve with Caesar salad, if desired.



# Lemon-Rosemary Turkey Fingers with Cranberry Chili Dipping Sauce

Makes 4 servings

1/2 cup	mayonaise	25 ml
1 tbsp	lemon juice	15 ml
1 lb	<b>Eden Valley</b> turkey breast cut into 3/4 inch (1.5 cm) strips	500 g
1 cup	dry breadcrumbs	50 ml
3 tbsp	grated Parmesan cheese	45 ml
1 tbsp	dried rosemary, crumbled	15 ml
2 tsp	grated lemon rind	10 ml
1/2 tsp	EACH: paprika, salt	2 ml
1/4 tsp	EACH: garlic powder, pepper	1 ml

## DIPPING SAUCE:

3/4 cup	jellied cranberry sauce	175 ml
1/4 cup	chili sauce	50 ml

In small bowl, mix together mayonaise and lemon juice; brush over turkey strips to coat. In separate bowl, mix together breadcrumbs, Parmesan and seasonings. Dip turkey strips in crumbs to coat. Place on lightly greased baking sheet. Bake at 375°F (190°C) 3-4 minutes on each side. Serve with warm dipping sauce (plum sauce or mayonaise).

**DIPPING SAUCE:** In small saucepan, over medium-low heat, mix together cranberry and chili sauces; heat until hot.



# Greek Turkey Tapas

Makes 6 servings

1 lb	<b>Eden Valley</b> boneless skinless turkey breast cut into 2 cm (3/4 inch) thick medallions	500 g
1 tbsp	olive oil	15 ml
1	175 ml (6 oz) jar marinated artichoke hearts	1
2 tbsp	balsamic vinegar	25 ml
1/4 tsp	EACH: oragano, basil, thyme and red pepper flakes	1 ml
	salt & pepper to taste	
1	large clove garlic, minced	1
12	cherry tomatoes, halved	12
12	marinated Greek style black olives	12
2 tbsp	Feta cheese, crumbled	25 ml

In a large non-stick fry-pan over medium heat, sauté turkey in oil for approximately 4 minutes per side or until turkey is golden brown and no longer pink in the center.

In medium bowl combine artichoke juice, vinegar, oragano, basil, thyme, red pepper flakes and garlic. Add salt and pepper to taste. Fold turkey and artichokes into mixture. Cover and refrigerate overnight.

Serving: Divide mixture into six appetizer portions. Divide tomatoes, olives and cheese and sprinkle evenly over top.



# White Turkey Chili

Makes 4 servings Preparation: 15 minutes Cooking: 20 minutes

1 lb	<b>Eden Valley</b> ground turkey	500 g
1 tbsp	vegetable oil	15 ml
1	medium onion, chopped	1
2	cloves garlic, minced	2
2 tsp	chili powder	10 ml
1 tsp	dried oregano	5 ml
1/4 tsp	cayenne pepper	1 ml
1/2	EACH: green and red pepper, chopped	1/2
3/4 cup	turkey or chicken broth	175 ml
1	can (540 ml/19 oz) white kidney beans, drained and rinsed	1
1/2 cup	shredded mozzarella cheese	125 ml
1/2 cup	low fat sour cream	125 ml
2 tbsp	fresh parsley, chopped	25 ml

Heat oil in large non-stick fry pan or saucepan. Add turkey, onion and garlic. Cook, stirring constantly until turkey is no longer pink. Add dry seasonings and mix well. Add green and red pepper and broth. Bring to boil. Reduce heat and simmer for 10-15 minutes. Add salt and pepper to taste. Add beans, cheese, sour cream, and parsley. Heat through, stirring to combine. Serve immediately.



# Ginger Turkey Stir-Fry

Makes 4 servings

1/3 cup	water	75 ml
2 tbsp	EACH: lemon juice and honey	25 ml
1 tbsp	soy sauce	15 ml
1 tsp	ground ginger	5 ml
1/2 tsp	red pepper flakes	2 ml
2	cloves garlic, minced	2
2 tbsp	cornstarch	25 ml
1	medium onion, chopped	1
2 cups	EACH: carrots sliced diagonally, and broccoli flowerettes	500 ml
1 tbsp	oil	15 ml
2 cups	sliced mushrooms	500 ml
1 cup	(250 ml/8 oz) water chestnuts, drained & sliced	250 ml
1 lb	<b>Eden Valley</b> turkey breast cut into strips	

Combine water, lemon juice, honey, soy sauce, ginger, pepper flakes and garlic. Dissolve cornstarch in mixture and set aside.

In large fry-pan or wok stir-fry onion, carrots and broccoli in oil for 2-3 minutes. Add mushrooms and water chestnuts, stir-fry for approximately two more minutes or until vegetables are the desired tenderness. Remove from the pan.

Reduce heat to medium-high and stir-fry turkey until lightly browned and meat is no longer pink, approximately 3-5 minutes. Add sauce and cook, stirring constantly until thickened and translucent. Return vegetables to the pan; heat through. Serve over brown rice or noodles.



# Turkey Pita Burgers

Makes 4 servings

1 lb	<b>Eden Valley</b> ground turkey	500 g
1/4 cup	minced parsely	50 ml
2 tsp	soy sauce or instant chicken boullion powder	10 ml
1/2 tsp	garlic powder	2 ml
1/4 tsp	pepper	1 ml
2	pita breads (17 cm/7 in.), halved	2

## TOPPING:

1/2 cup	yogurt	125 ml
2	green onions, sliced	2
1/2 tsp	dillweed	2 ml

## GARNISHES:

4	lettuce leaves	4
1	large tomato, coarsely chopped	1
1/2 cup	coarsely chopped cucumber	125 ml

Mix turkey, parsely, soy or boullion powder, garlic and pepper together; form into eight 6mm (1/4 in.) patties. Grill 10 cm (4 in.) from heat about 6-8 minutes, turning once or until patty springs back when touched. Meanwhile, combine topping ingredients. At serving time, place one lettuce leaf and 2 patties in each pita half. Drizzle with topping and garnish with tomato and cucumber.



# Stuffed Turkey Thighs

Makes 4 servings

1 lb	<b>Eden Valley</b> boneless, skinless turkey thighs	500 g
1 cup	cooked rice	250 ml
1/2 cup	onion, chopped	125 ml
1/2 cup	carrot, grated	125 ml
1	small apple, chopped	1
1 tbs	fresh parsley, chopped	15 ml
1/2 tsp	poultry seasoning	2 ml
1/4 tsp	EACH: salt and pepper	1 ml
1/4 cup	orange marmalade or any fruit jelly	50 ml

Cut turkey into 4 equal-size portions. Lay pieces on a flat surface and cover with plastic wrap. Pound with a meat mallet to flatten each piece to uniform thickness of about 3/8 inch (1 cm). Set aside.

In a large bowl, mix together rice and all remaining ingredients except marmalade.

Place one-quarter of the rice mixture on each turkey thigh. Roll up, starting at the shortest end. Secure with toothpicks and place in a greased baking dish. Brush turkey with marmalade.

Cover and bake at 325°F (160°C) for 60 to 70 minutes, until turkey is tender.

*Alternative: One large turkey thigh can be stuffed whole, then sliced for serving. (Allow twice the cooking time). Or, four turkey thigh cutlets pounded thin, work well.*