

## CLASSIC TURKEY MEATBALLS

Serves 5

### Ingredients

- 1 ½ pounds 93% lean ground turkey
- ⅔ c panko bread crumbs
- 1 small shallot, minced
- 2 cloves of garlic, minced
- 1 egg, beaten
- ½ tsp salt
- ¼ tsp pepper
- ¼ c fresh parsley, finely chopped
- 1 tbsp extra virgin olive oil

### Directions

1. In a large bowl, gently mix the turkey, bread crumbs, shallot, egg, salt, pepper and parsley by hand until combined. Shape mixture into eighteen 1 1/2 inch meatballs.
2. Heat olive oil in a large non-stick skillet over medium high heat. Add the meatballs, flipping occasionally to make sure all sides are golden brown. Use a meat thermometer to ensure the internal temperature reaches 165°F.
3. Transfer to a paper towel-lined plate when they are done.
4. Turkey Meatballs go great with your favorite pasta or dipping sauce. Some of our favorites include marinara, Alfredo, Thai Peanut, Blue Cheese, etc.

## ASIAN BBQ TURKEY LETTUCE WRAPS

Serves 5

### Ingredients

- 1 lb ground turkey
- 1/3 c hoisin sauce
- 1/2 c barbecue sauce
- 1 tbsp fresh ginger root, peeled and grated
- 1 clove garlic, minced
- 1/4 c pine nuts, toasted
- 1/4 c diced scallions
- 2 tbsp crystallized ginger, finely minced
- 10 large romaine or iceberg lettuce leaves, washed, dried and chilled

### Directions

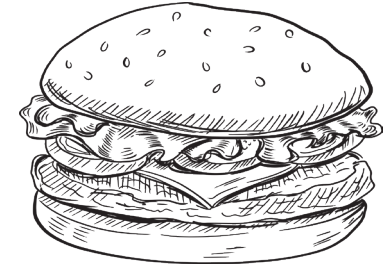
1. Over medium heat, crumble ground turkey into a wok or large skillet and sauté, stirring to break up any clumps. Cook until lightly browned.
2. Stir in hoisin and barbecue sauces, ginger root and garlic. Cook until hot and well blended.
3. Mix in toasted pine nuts, scallions and crystallized ginger, tossing gently just long enough to heat through and blend well.
4. To serve, spoon the hot turkey mixture into each lettuce leaf cup and roll tightly to enclose the turkey mixture.

Recipes courtesy of our friends at the  
National Turkey Federation!

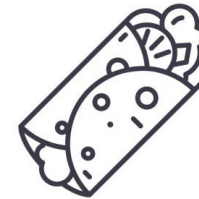
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TURKEY**  
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## Ground Turkey Recipes for All Occasions!



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## SOUTHWESTERN TURKEY BURGERS

Serves 4

### Turkey Burger Ingredients

- 1 lb ground turkey
- 1 tbsp fresh cilantro, chopped
- 1/2 tbsp jalapeno pepper, seeded and chopped
- 1/4 tsp freshly ground black pepper
- 4 hamburger rolls, split and lightly toasted

### Tomato Salsa Ingredients

- 10 cherry or grape tomatoes, seeded and quartered
- 1/4 c yellow bell pepper, seeded and diced
- 2 tbsp scallions, chopped
- 1-1/2 tbsp lime juice
- 1/4 tsp salt
- 1 tbsp fresh cilantro, chopped
- 1/2 tbsp jalapeno pepper, seeded and chopped

### Turkey Burger Directions

In a bowl, gently mix ground turkey with cilantro, jalapeno and black pepper. Shape into 4 patties, about 1 inch thick.

Grill patties about 4 inches from the heat source. Turn once, and cook until the internal temperature registers 165°F, about 5 minutes per side.

### Tomato Salsa Directions

Combine tomatoes, bell pepper, scallion, lime juice, salt, cilantro and jalapeno.

### Burger Assembly

Place cooked turkey burgers on toasted rolls and top evenly with tomato salsa.

## MAPLE BLUEBERRY TURKEY SAUSAGE PATTIES

Serves 12

### Ingredients

- 1-1/2 lbs ground turkey
- 1/3 c maple syrup
- 2 tsp fresh lemon juice
- 1/4 tsp poultry seasoning
- 1/4 tsp ground cinnamon
- 1/8 tsp nutmeg, freshly grated
- 1/4 tsp salt
- 1/8 tsp black pepper, freshly ground
- 1/2 c frozen blueberries, drained

### Directions

1. Place ground turkey in a mixing bowl. Add maple syrup, lemon juice, spices and herbs. Mix well.
2. Fold in blueberries.
3. Scale out and form into 2-ounce patties.
4. Cook patties on a preheated 325°F griddle until the internal temperature reaches 165°F.
5. Serve alongside your breakfast entrée or add a patty to your breakfast sandwich. The patties may also be frozen in an air-tight container and reheated for serving.

For Even More Recipe Inspiration:



[www.IndianaTurkey.com](http://www.IndianaTurkey.com)

## TURKEY & SWEET POTATO CHILI

Serves 6

### Ingredients

- 1 lb ground turkey
- 1 medium onion, diced
- 4 cloves of garlic, minced
- 2 tbsp olive oil
- 1 medium sweet potato, peeled and diced into 1/2" pieces
- 1 large red bell pepper, cored and diced
- 2 tbsp tomato paste
- 1 tsp cumin
- 1 tbsp chili powder
- 1/2 tsp oregano
- 28 oz can of crushed tomatoes
- 15 oz can black beans
- 15 oz can kidney beans
- 1 1/2 c water
- 1 tsp salt
- 1/2 tsp pepper
- 1/2 c fresh cilantro, torn

### Directions

1. Heat the olive oil in a Dutch oven over medium-high heat until just smoking.
2. Add the onion and sweet potato and cover with the lid. Cook over medium high heat until vegetables are softened. Once softened, add the pepper and stir in tomato paste, garlic, cumin, chili powder and oregano.
3. Add the ground turkey, breaking it up with a wooden spoon and cook until lightly browned. Stir in the crushed tomatoes, black beans, kidney beans and water.
4. Allow the chili to simmer uncovered until thickened, this takes about 40 minutes.
5. Season with salt and pepper, and garnish with cilantro and green onions.
6. To serve, top each bowl of the chili with sour cream, grated cheddar cheese and tortilla chips.

### Chef Tip

For a healthier alternative, serve the chili over a bowl of quinoa and top with fresh avocado and micro-greens for a hearty meal.