



Porcupine Sliders

By: Recipe Challenge Team from
South Education Center Alternative (SECA) School - Richfield Minnesota
Won: Grand Prize

1/2 Tablespoon olive or canola oil
1/4 cup diced fresh onions
1/4 cup diced fresh celery
1-1/4 ounces fresh baby spinach, stems removed; chopped
1 garlic clove, peeled, minced
1 pound raw ground lean turkey
1 egg, lightly beaten
1/4 cup dried cranberries, chopped
1 teaspoon Worcestershire sauce
1/2 teaspoons salt
1/4 teaspoon ground black pepper
1/16 teaspoon ground white pepper
1/3 cup cooked long grain brown rice
6 slider whole grain rolls, split; toasted
Serve as desired with: red onion slices, lettuce leaves, tomato slices, and other desired condiments

Add oil to hot 10 inch nonstick skillet. Add onions and celery; sauté for about 4 minutes to soften; add spinach and garlic; cook to soften spinach. Do not brown. Set aside.

In a large bowl, combine turkey, egg, cranberries, Worcestershire sauce, salt, peppers, cooked brown rice, and onion mixture. Mix well.

Portion into patties using about 1/2 cup scoop onto a foil lined sheet pan lightly coated with pan release spray.

Bake in preheated 350 degree F oven for 18 minutes or until 165 degree F temperature for 15 seconds. Do not overcook. Remove to burgers to a plate to stay warm. Discard the baking foil and any remaining baked juices.

To Serve: For each: Place cooked burger on toasted roll bottom; top with onion slice, lettuce leaf, tomato slice, and close with roll top.

If desired, add any other desired condiments. Yield: 6 slider burgers

For additional information see:

<http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-homes>

<http://www.fns.usda.gov/sites/default/files/porcupinesliders-homes.pdf>

About the Recipe: These turkey burgers, moist and flavored with just the right amount of spices and sweetness from cranberries, are served on small whole-grain rolls. The addition of brown rice to burger mixture creates a prickly look like little porcupines. The simple ingredients and easy preparation make it perfect for a quick menu idea.