

RECIPE NAME: LITTLE GOBBLERS					File Category: Main Dish				
Grade Group: K-12					HACCP Process:				
Number of Portions: 50					<input type="checkbox"/> #1 No Cook				
Portion Size: 1 each					<input checked="" type="checkbox"/> #2 Cook & Serve Same Day				
Serving Utensil:					<input type="checkbox"/> #3 Includes Cooling Step				
Servings per Pan:									
Ingredients:		Weight:		Measure:		Procedure:			
Water				3.5 cups		1. Rinse the wild rice in a collander and drain.			
Wild rice, dry				1 cup		2. Bring water to a boil in a stockpot, add rice, cover and cook until water is absorbed (about 45 minutes)			
Olive Oil				2 Tbsp		3. Preheat oven to 350° F			
Yellow onions, diced				1.25 cups		3. Heat the oil and sautee the onions and garlic for 5-7 minutes or until translucent.			
Garlic, minced				0.25 cup		4. Combine turkey, eggs, cranberries, spinach, salt, pepper, rice, and onion mixture. Mix well.			
Turkey, raw ground, lean		7 pounds				5. Portion into patties using a 1/2 cup scoop and place on a parchment lined sheet pan.			
Liquid whole egg				2.5 cups		6. Bake for 18 minutes. Do not overcook.			
Dried cranberries, chopped				2.5 cups		7. Serve on mini whole grain rolls with sliced tomatoes			
Pepper, ground black				4 tsp					
Salt				1 Tbsp					
Baby spinach, fresh, chopped		10 ounces							
Tomatoes, fresh, sliced		2.5 pounds							
Whole grain rolls, mini (1 oz)				50 each					
Total Yield: portions			Number of Pans:			Equipment (if not specified in the procedures above)			
Weight:		Measure (volume):		Pan Size:					
Meal Component Contribution Based on Portion Size					Nutrient Analysis Based on Portion Size				
Meat/Meat Alternate		2.64 oz eq			Calories: 215				
Vegetable Subgroups		DG	B/P	R/O	S	O	Saturated Fat (g): 2.7		
							Sodium (mg): 355		
Fruits		1/8 cup							
Grains		1.1 oz eq							
DG= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other									

