

Roasted Potato and Turkey Hash

Roasted Potato and Turkey Hash goes beyond breakfast! Roasted potatoes in combination with ground turkey and red and green peppers, all enhanced with the flavors of cayenne, coriander, garlic and sage, make this dish great for breakfast or any meal!

CACFP Home Childcare Crediting Information

$\frac{3}{4}$ cup ($\frac{1}{2}$ cup and $\frac{1}{4}$ cup measuring cups or 6 fl oz spoodle) provides $\frac{1}{2}$ cup vegetable ($\frac{1}{8}$ cup red/orange vegetable, $\frac{3}{8}$ cup starchy vegetable) and 1 oz equivalent meat.



Preparation Time: 30 minutes

Cooking Time: 25 - 30 minutes

Makes: 6 servings

Ingredients

- 3 $\frac{1}{2}$ cups or 20 oz Diced Potatoes, drained
- 1 Tbsp or $\frac{1}{2}$ oz Canola oil
- 2 Tbsp or 1 oz Fresh Garlic, minced
- 1 tsp Salt, (divided into two $\frac{1}{2}$ tsp)
- $\frac{1}{2}$ tsp White pepper
- 1 $\frac{1}{2}$ cups or 7 oz Ground Turkey Breast, Raw no more than 15% fat
- $\frac{3}{4}$ cup or 4 $\frac{1}{2}$ oz Fresh red bell pepper, diced
- $\frac{1}{4}$ cup or 2 oz Fresh green bell pepper, diced
- $\frac{1}{4}$ tsp Cayenne pepper
- $\frac{1}{2}$ tsp Sage, ground
- $\frac{1}{2}$ tsp Red pepper flakes
- $\frac{1}{2}$ tsp Coriander seeds, whole
- $\frac{1}{4}$ tsp Garlic powder
- $\frac{1}{4}$ tsp Onion powder
- 2 Tbsp or 1 oz Canned Applesauce, unsweetened

Directions

- 1** Preheat oven to Bake:
Conventional oven: 375 °F
Convection oven: 350 °F
- 2** Combine potatoes, oil, garlic, $\frac{1}{2}$ tsp salt, and pepper in a large bowl.
Set remaining $\frac{1}{2}$ tsp salt aside for step 10. Stir well.
- 3** Lightly spray a baking dish (9" x 13" x 2") with pan release spray.
Evenly spread potatoes in baking dish.
- 4** Bake:
Conventional oven: 375 °F for 15 minutes.
Convection oven: 350 °F for 10 minutes.
- 5** Critical Control Point:
Heat to 140 °F or higher for at least 15 seconds
- 6** Critical Control Point:
Hold for hot service at 140 °F or higher.
- 7** Set potatoes aside for step 12.
- 8** Spray large non-stick skillet lightly with pan release spray and heat over medium high heat.
- 9** Add turkey. Cook uncovered over medium-high heat for 2-3 minutes, stirring occasionally.

Directions continued

- 10 Add remaining salt ($\frac{1}{2}$ tsp), peppers, cayenne pepper, sage, red pepper flakes, coriander, garlic powder, onion powder, and apple sauce. Sauté uncovered over medium-high heat for 3-5 minutes, stirring occasionally. Set aside for step 12.
- 11 Critical Control Point:
Heat to 165 °F or higher for at least 15 seconds.
- 12 Pour turkey mixture over seasoned potatoes in baking dish. Stir well.
- 13 Critical Control Point:
Hold for hot service at 140 °F or higher until served.
- 14 Serve $\frac{3}{4}$ cup (portion with $\frac{1}{2}$ cup and $\frac{1}{4}$ cup measuring cups or 6 oz spoodle).

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 140, **Protein** 6 g, **Carbohydrates** 16 g, **Dietary Fiber** 3 g, **Total Sugars** 2 g, **Total Fat** 5 g, **Saturated Fat** 1 g, **Calcium** 16 mg, **Sodium** 346 mg, **Vitamin A** 41 mcg RAE, **Vitamin C** 47 mg, **Vitamin D** 1 IU **Cholesterol** 16 mg, **Iron** 2 mg, **Potassium** 329 mg

