

Turkey and Dressing Supreme

Turkey and Dressing Supreme is a deliciously satisfying dish that blends turkey and dressing spiced with sage, fresh onion, celery, and green peppers.

CACFP Home Childcare Crediting Information

1 piece (2 x 3 ¾ square) provides ½ cup vegetable (½ cup other vegetable), 1.5 oz equivalent meat, and 1.25 oz equivalent grains.



Preparation Time: 45 minutes

Cooking Time: 1 hour 15 minutes

Makes: 6 servings

Ingredients

- 2 cups or 8 oz Crumbled cornbread
- 1 Tbsp or 1 oz Margarine, trans fat-free
- 2 cup or 8 oz Fresh celery, chopped
- 1 cup or 5 oz Fresh onions, chopped
- 1 cup or 5 oz Fresh green bell peppers, diced
- ¼ cup or 1 oz Whole-wheat flour
- ¼ cup or 2 oz Nonfat milk
- 1 cup Low-sodium chicken broth
- ¼ tsp Poultry seasoning
- ¼ tsp Ground black or white pepper
- ½ tsp Fresh garlic, minced
- ¼ tsp Ground sage
- 2 ½ cup or 10 oz Cooked turkey, shredded

Directions

- 1 Preheat oven:
Conventional oven: 350 °F.
Convection oven: 350 °F.
- 2 Prepare cornbread. See Notes Section for recipe ingredients and directions.
- 3 Crumble cornbread into a medium-sized mixing bowl. Set aside for step 7.
- 4 In a medium saucepan, add margarine, celery, onions, and bell peppers. Sauté uncovered for 2-3 minutes over high heat, stirring constantly.
- 5 Turn heat down to medium. Add flour, stirring constantly. Onion mixture will have a pasty consistency.
- 6 Add milk and chicken broth. Continue stirring to avoid lumps.
- 7 Add poultry seasoning, pepper, garlic, and sage. Simmer uncovered for 2-3 minutes.
- 8 Combine crumbled cornbread, chicken broth mixture, and turkey (turkey dressing combination) in a large mixing bowl. Stir well.
- 9 Spread turkey dressing combination evenly into a baking dish (9" x 9" x 2") lightly coated with pan release spray.
- 10 Bake:
Conventional oven: 350 °F for 30-40 minutes.
Convection oven: 300 °F for 20-30 minutes.
- 11 Critical Control Point:
Heat to 165 °F or higher for at least 15 seconds.
- 12 Critical Control Point:
Hold for hot service at 140 °F or higher.
- 13 Portion:
Cut each pan into six 2" x 3 ¾" squares.
- 14 Serve 1 piece (2" x 3 ¾" square).

Notes Section

Corn Bread Recipe

$\frac{3}{4}$ cup or 3 oz Whole-wheat flour
 $\frac{1}{3}$ cup or 2 oz White whole-grain cornmeal
 $\frac{1}{4}$ cup or 1 oz Sugar
2 tsp Baking powder
 $\frac{1}{4}$ tsp Salt
1 oz Whole eggs, frozen, thawed
4 oz Nonfat milk
2 Tbsp Canola oil

1. Combine flour, cornmeal, sugar, baking powder, and salt in small mixing bowl.
2. Using a hand mixer, mix for 1 minute on low speed.
3. Combine eggs, milk, and oil in a large bowl. Stir well.
4. Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. DO NOT OVERMIX.
5. Mix for 1 minute on medium speed.
6. Pour batter on a baking pan (9" x 13" x 2") lightly coated with pan-release spray.
7. Bake until lightly browned:
Conventional oven: 400 °F for 30–35 minutes.
Convection oven: 350 °F for 20–25 minutes.
8. Remove from oven. Cool for 10 minutes.

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 215, Protein 17 g, Carbohydrates 25 g, Dietary Fiber 3 g, Total Sugars 6 g, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 40 mg, Sodium 240 mg, Vitamin A 34 mcg RAE, Vitamin C 20 mg, Vitamin D 37 IU, Calcium 68 mg, Iron 1 mg, Potassium 379 mg