





Makeover Your Favourite Breakfast, Lunch and Dinner Recipes with Turkey



BOUNTIFUL BREAKFAST BOWL WITH TURKEY SAUSAGE

SERVES: PREP TIME: COOK TIME:

4-6 20 MINS 20 MINS



INGREDIENTS:

- · 3-4 turkey sausages
- · 2 cups sweet potato, diced
- · 3 cups kale, chopped
- · 8 eggs
- · 2 zucchini, diced
- · 2 avocados, sliced
- · 1 tbsp olive oil
- · Salt and pepper to taste

DIRECTIONS:

- Remove turkey meat from the sausage casings. Take one third of the meat, roll into a ball and flatten into a patty. As an alternative, slice the sausage into pieces.
- 2. Cook the sausage patties/pieces for 4-6 minutes per side on medium heat until no longer pink and cooked through. Set aside.
- 3. Heat oil over medium heat. Cook sweet potatoes on all sides until cooked through, 12-15 minutes. Season with salt and pepper. Set aside.
- Sauté zucchini and kale until cooked through, 4-6 minutes. Season with salt and pepper.
- 5. Recipe can be made up to 3 days ahead at this point.
- 6. Cook eggs to your preference.
- Assemble the bowls; use the kale as the base, top with sweet potatoes, zucchini, avocado, eggs and sausage.
- 8. Serve!

BUILD A BETTER BREAKFAST BOWL



Breakfast bowl starters







EGGS

pick a base











ADD ONE OF: QUINOA, ZOODLES, RICE, KALE, CAULIFLOWER RICE

pick a cooked vegetable











ADD ONE OF: COOKED MUSHROOMS, COOKED SWEET POTATO, COOKED ZUCCHINI, COOKED CHICK PEAS, COOKED SPINACH

pick a raw vegetable











ADD ONE OF: TOMATOES, PEPPERS, CUCUMBERS, CARROTS, CABBAGE

pick a topping











ADD ONE OF: PUMPKIN SEEDS, GUACAMOLE, SHREDDED CHEESE, OLIVES, SALSA

HOW TO:

BUILD A BETTER BREAKFAST SAUSAGE PATTY

GIVE YOUR BREAKFAST A PROTEIN BOOST THAT'S TASTY AND NUTRITIOUS

4 STEPS:



REMOVE SAUSAGE FROM CASING



STEP 2: ROLL INTO A BALL (2-4 PER SAUSAGE)



STEP 3: FLATTEN INTO A PATTY (MAKES 8-10)



STEP 4: COOK 3-4 MINUTES PER SIDE



MEDITERRANEAN TURKEY LUNCH BOX

SERVES: PREP TIME: COOK TIME: 4 - 6 30 MINS



INGREDIENTS:

- 1.5 lbs turkey breast
- 1 1/2 cups green beans, cooked
- 2 cups Basmati rice
- · 3 tbsp olive oil
- 8 tbsp tzatziki sauce
- 1/2 cup plain yogurt
- · 1 tbsp lime juice
- 1 tsp each: ground cumin, turmeric, coriander seed and thyme
- · 1 lemon, sliced
- · Salt and pepper to taste

Salad:

- · 1 cup cherry tomatoes, sliced
- · 1 cucumber, diced
- · 1 tbsp parsley, chopped
- 2 tbsp apple cider vinegar

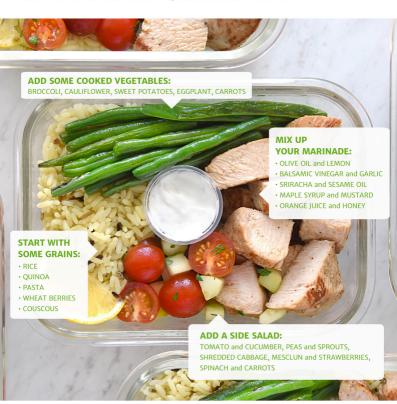
DIRECTIONS:

- 1. Slice turkey into 2-inch slices.
- 2. Mix yogurt, 1/2 the spices and the lime juice together to make the marinade.
- 3. Marinate the turkey for at least 2 hours.
- 4. Heat 1 tbsp olive oil over medium heat. Sear turkey on both sides and continue to cook for 8-12 minutes until cooked through and no longer pink. Once cooled, cut into chunks.
- For the rice: add the remaining spices to the cooking water and cook rice according to package directions.
- 6. For the beans: sear green beans in a non-stick skillet over high heat until gently browned, 2-3 minutes.
- 7. Recipe can be made ahead and stored for up to 3 days at this point.
- 8. For salad: mix together cucumber, tomatoes and parsley. Dress with salt and pepper, remaining olive oil and vinegar.
- 9. Assemble the lunch box; add rice, turkey, green beans, salad, lemon and tzatziki.

HOW TO:

MAKEOVER EVERYDAY LUNCHES

and POWER-UP WITH TURKEY, VEGGIES and GRAINS!



QUICK ONE-POT TURKEY VEGGIE PASTA DINNER

SERVES: 4-6
PREP TIME: 10 MINS
COOK TIME: 15 MINS



INGREDIENTS:

- · 2 cups cooked turkey
- · 1 tbsp olive oil
- · 3 cloves garlic
- · 1 cup diced onion
- · 1 can diced tomatoes (796 ml)
- · 3 cups water
- · 250 gr pasta
- · Salt and pepper to taste
- · 2 cups packed spinach
- · 1/4 cup capers
- 1/4 cup sundried tomatoes, chopped
- · 1 tbsp butter (optional)
- · 1/4 cup grated Asiago cheese

DIRECTIONS:

- 1. Sauté onion in olive oil.
- 2. Add garlic. Sauté an additional 2 minutes.
- 3. Add tomatoes, water, salt, pepper and pasta.
- 4. Bring to a boil.
- 5. Lower heat to a simmer and cook until pasta is cooked through but still al dente.
- 6. Add water along the way if pasta begins to dry out. The liquid will gradually reduce and leave a creamy, thickened sauce. Make sure there is some liquid left in the pan as pasta will continue to absorb until it begins to cool.
- In the last few minutes of cooking, add spinach, capers, sundried tomatoes and turkey.
- 8. Mix to incorporate.
- 9. Remove from heat.
- 10. Add butter (for extra creaminess) and cheese.

ONE-POT TURKEY VEGGIE PASTA 4 WAYS











TURKEY + PASTA + CANNED TOMATOES, SPINACH + SUN-DRIED TOMATOES, ASIAGO, CAPERS









2 CUPS CANADIAN TURKEY + PASTA + MUSHROOMS + EGGS + PARMESAN









2 CUPS CANADIAN TURKEY + PASTA + RAPINI + HOT PEPPER FLAKES + GARLIC









2 CUPS CANADIAN TURKEY + PASTA + ROASTED RED PEPPERS + PESTO + GOAT CHEESE