



Turkey Temptations

TURKEY AND BULGUR SALAD

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| 1 can (8 oz/227 mL) pineapple tidbits | 1/4 tsp (1 mL) freshly ground pepper |
| 1/2 cup (125 mL) fine bulgur | 2 tbsp (25 mL) oil |
| 1/3 cup (75 mL) boiling water | 2 cups (500 mL) cubed cooked turkey |
| 2 tbsp (25 mL) fresh lime juice | 1 cup (250 mL) diced red bell pepper |
| 1/2 tsp (2 mL) grated lime peel | 1/2 cup (125 mL) thinly sliced green onions |
| 1/2 tsp (2 mL) salt | |

Drain pineapple, reserving 1/3 cup (75 mL) juice. Set pineapple aside. Place bulgur in a bowl. Stir in boiling water and reserved juice. Cover bowl with plastic wrap. Let stand until liquid is absorbed and bulgur is tender, about 20 minutes. Meanwhile, to prepare dressing, whisk together lime juice, lime peel, salt and pepper until combined. Gradually whisk in oil until blended. Combine bulgur, pineapple, turkey, red pepper and green onions in a bowl. Add dressing and toss to combine. Serves 3 - 4.

FARFALLE WITH TURKEY AND CRANBERRY SAUCE

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| 1 cup (250 mL) finely chopped onion | 1/3 cup (75 mL) chopped fresh parsley |
| 4 slices bacon, julienned | 1/4 tsp (1 mL) salt |
| 1 1/2 cups (375 mL) turkey stock or canned chicken broth | 1/4 tsp (1 mL) freshly ground pepper |
| 1 tbsp (15 mL) cornstarch | 16 oz (500 g) farfalle pasta, cooked and drained |
| 3/4 cup (175 mL) whole berry cranberry sauce | 1/2 cup (125 mL) pecans, toasted and coarsely chopped |
| 2 cups (500 mL) diced cooked turkey | |

Cook onion and bacon in a large nonstick frypan over medium heat, stirring occasionally, until bacon is crisp. Drain off excess fat. Whisk together stock and cornstarch; add to bacon mixture. Stir in cranberry sauce and bring to a boil. Cook, stirring, just until thickened, about 1 minute. Reduce heat; add turkey, parsley, salt and pepper. Cook just until heated through. Add to hot cooked farfalle, tossing to coat. Sprinkle with pecans. Serve immediately. Serves 4.

QUICK PASTA AND TURKEY

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| 1 can (10 oz/284 mL) cream of celery soup | 1/8 tsp. (0.5 mL) red pepper flakes |
| 2 1/4 cups (550 mL) turkey stock | 2 cups (500 mL) spiral pasta |
| 1 1/2 cups (375 mL) cubed cooked turkey | 2 cups (500 mL) frozen vegetable blend (cauliflower, broccoli and carrots) |
| 1/2 tsp (2 mL) basil, crumbled | Salt |
| 1/4 tsp (1 mL) freshly ground pepper | |

Combine first 6 ingredients (soup through pepper flakes) in a Dutch oven. Bring to a boil and stir in pasta and vegetables. Cook, stirring frequently, over medium heat for 10 - 12 minutes until pasta is tender. Season to taste with salt. Serve immediately. Serves 4.

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TURKEY AND RICE POT PIE

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| 1 cup (250 mL) chopped onion | 1/2 tsp (2 mL) freshly ground pepper |
| 1 clove garlic, crushed | 3 cups (750 mL) cooked rice |
| 2 tbsp (25 mL) butter | 2 cups (500 mL) diced cooked turkey |
| 1/3 cup (75 mL) flour | 2 cups (500 mL) frozen mixed vegetables, thawed |
| 3 1/2 cups (875 mL) turkey stock | 1/2 cup (125 mL) chopped fresh parsley |
| 1/2 tsp (2 mL) sage, crumbled | 1 container (340 g) refrigerated biscuit dough |
| 1/2 tsp (2 mL) thyme, crumbled | |

In a Dutch oven, saute onion and garlic in butter until tender, about 5 minutes. Stir in flour; cook and stir for 1 minute. Gradually stir in stock. Stir in sage, thyme and pepper. Bring to a boil; reduce heat and simmer, stirring frequently, until thickened. Stir in rice, turkey, vegetables and parsley. Spoon mixture into a greased shallow 3 quart (3 L) baking dish. Remove biscuits from container; separate. Arrange biscuits on top. Bake at 425°F (220°C) for 30 minutes or until filling is bubbly and biscuits are golden brown. Serves 8.

Cook's Note: *The Blue Flame Kitchen used Uncle Ben's Brand Original Converted Rice in this recipe.*

TURKEY ENCHILADAS

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| 3/4 cup (175 mL) diced green bell pepper | 2 1/2 cups (625 mL) canned chicken broth |
| 1/2 cup (125 mL) chopped onion | 1 cup (250 mL) fat free sour cream |
| 1 tbsp (15 mL) oil | 1 1/2 cups (375 mL) shredded cheddar cheese, divided |
| 1/4 cup (50 mL) flour | 3 cups (750 mL) chopped cooked turkey |
| 3/4 tsp (3 mL) coriander | 1/4 cup (50 mL) medium salsa |
| 1/4 tsp (1 mL) salt | 8 flour tortillas (8 inch/20 cm) |
| 1/4 tsp (1 mL) freshly ground pepper | |

In a frypan, saute green pepper and onion in oil until tender, about 4 minutes. To prepare sauce, combine flour, coriander, salt and pepper in a bowl. Gradually add broth, whisking constantly until blended. Add broth mixture to frypan; bring to a boil and cook, stirring frequently until thickened, about 3 - 4 minutes. Remove from heat; stir in sour cream and 1 cup (250 mL) cheese. Combine 1 1/2 cups (375 mL) sauce with turkey and salsa. Spread a scant 1/2 cup (125 mL) of turkey mixture down center of each tortilla; roll up. Place, seam side down, in a greased 9x13 inch (23x33 cm) baking dish. Pour remaining sauce over top and sprinkle with remaining 1/2 cup (125 mL) cheese. Bake at 350°F (180°C) for 25 - 30 minutes or until bubbly and heated through. Serves 4 - 6.

TURKEY AND ORZO BAKE

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| 3 cups (750 mL) turkey stock | 1 can (10 oz/284 mL) cream of celery soup |
| 2/3 cup (150 mL) orzo | 1/2 cup (125 mL) mayonnaise |
| 2 tbsp (25 mL) butter | 1 tbsp (15 mL) fresh lemon juice |
| 2 cups (500 mL) sliced fresh mushrooms | 1/2 tsp (2 mL) lemon pepper |
| 4 cups (1 L) cubed cooked turkey | 1/2 tsp (2 mL) freshly ground pepper |
| 1 pkg (10 oz/300 g) frozen chopped spinach, thawed and squeezed dry | 1 cup (250 mL) shredded Monterey Jack cheese |
| | 1/4 cup (50 mL) fine dry bread crumbs |

Bring stock to a boil in a large saucepan over high heat. Add orzo and cook until tender, about 5 minutes; drain. Melt butter in a large frypan over medium heat. Add mushrooms and saute until tender, about 5 minutes. Stir in orzo, turkey, spinach, soup, mayonnaise, lemon juice, lemon pepper and pepper. Spoon mixture into a greased shallow 3 quart (3 L) baking dish. Sprinkle with cheese and bread crumbs. Bake, uncovered, at 350°F (180°C) for 30 - 35 minutes or until bubbly and heated through. Serves 6.

Cook's Note: *If turkey stock is unavailable, 3 cups (750 mL) water plus 2 tsp (10 mL) chicken bouillon mix may be used.*

TURKEY TORTILLA CASSEROLE

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| 2 1/2 cups (625 mL) lightly crushed tortilla chips, divided | 1/4 cup (50 mL) light sour cream |
| 2 cups (500 mL) cubed cooked turkey | 1 tbsp (15 mL) flour |
| 2 cups (500 mL) medium salsa | 1 cup (250 mL) shredded cheddar cheese |
| 1 cup (250 mL) frozen kernel corn, thawed | 1/4 cup (50 mL) sliced green onion |

Place 1 1/2 cups (375 mL) tortilla chips in a greased shallow 2 quart (2 L) baking dish. Combine turkey, salsa, corn, sour cream and flour. Spoon turkey mixture over tortilla chips. Bake, uncovered, at 350°F (180°C) for 25 - 30 minutes or until heated through. Remove baking dish from oven. Sprinkle with remaining 1 cup (250 mL) tortilla chips, cheese and onion. Continue baking for 5 minutes or until cheese is melted. Serves 4 - 6.

GINGER TURKEY PIZZA

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| 2/3 cup (150 mL) sliced green onions | 1 tbsp (15 mL) soy sauce |
| 1 tbsp (15 mL) grated fresh ginger | 1 Italian bread shell (Boboli) |
| 2 cloves garlic, crushed | 1/2 cup (125 mL) thick teriyaki sauce |
| 1 tsp (5 mL) oil | 1 1/2 cups (375 mL) shredded mozzarella cheese |
| 1 cup (250 mL) chopped cooked turkey | 2 Roma tomatoes, sliced |

In a frypan, saute onions, ginger and garlic in oil until tender, about 5 minutes. Remove from heat; stir in turkey and soy sauce. Place bread shell on an ungreased cookie sheet or pizza pan. Spread teriyaki sauce evenly over bread shell. Top with turkey mixture. Sprinkle with cheese. Arrange tomato slices over cheese. Bake at 375°F (190°C) for 15 - 20 minutes or until pizza is heated through and cheese is melted. Serves 4.

Cook's Note: *The Blue Flame Kitchen used Hy's Teriyaki Sauce in this recipe.*

MEDITERRANEAN TURKEY PIZZA

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| 1 baked pizza shell (Boboli) | 1 can (14 oz/398 mL) diced tomatoes, drained |
| 1 1/2 cups (375 mL) shredded mozzarella cheese | 1/2 cup (125 mL) kalamata olives, pitted and halved lengthwise |
| 1 cup (250 mL) chopped cooked turkey | 1/2 cup (125 mL) shredded dry pack feta cheese |
| 1 can (14 oz/398 mL) artichoke hearts, drained and quartered | 1/2 tsp (2 mL) freshly ground pepper |

Place pizza shell on an ungreased cookie sheet or pizza pan. Sprinkle 1 cup (250 ml) mozzarella cheese over pizza shell. Top with turkey, artichokes, tomatoes and olives. Top with remaining 1/2 cup (125 ml) mozzarella cheese and feta cheese. Sprinkle with pepper. Bake at 450°F (230°C) for 12 - 15 minutes or until pizza is heated through and cheese is melted. Slice and serve. Serves 4.

TURKEY TORTILLA ROLL-UPS

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| 1 cup (250 mL) spaghetti sauce | 3/4 cup (175 mL) shredded cheddar cheese, divided |
| 1 cup (250 mL) diced cooked turkey | 1/4 cup (50 mL) chopped green onion, divided |
| 1/4 cup (50 mL) sliced ripe olives | 6 flour tortillas (6 inch/15 cm) |
| 2 tbsp (25 mL) chopped green chilies, optional | |
| 1 tsp (5 mL) chili powder | |

Combine first 5 ingredients (sauce through chili powder) with 1/4 cup (50 mL) cheese and 2 tbsp (25 mL) green onion. Place 1/4 cup (50 mL) filling down one side of each tortilla. Roll up tortillas to enclose filling. Place in a single layer in a greased casserole. Cover with foil. Bake at 400°F (200°C) for 20 minutes. Remove foil. Sprinkle with remaining cheese and onion. Return to oven for 5 minutes. Serves 3 - 4.

TOKYO TURKEY SALAD SANDWICHES

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| 1/2 cup (125 mL) mayonnaise | 1/2 cup (125 mL) thinly sliced green onions |
| 2 tbsp (25 mL) chopped drained pickled ginger | 2 tbsp (25 mL) chopped fresh cilantro |
| 1 tbsp (15 mL) soy sauce | 2 cups (500 mL) baby spinach |
| 2 tsp (10 mL) wasabi paste | 8 crusty buns, halved lengthwise |
| 3 cups (750 mL) chopped cooked turkey | |

Combine mayonnaise, pickled ginger, soy sauce and wasabi paste. Add turkey, green onions and cilantro; stir until combined. Place spinach on bottom halves of buns; top with turkey mixture. Cover with top halves of buns. Serves 6 - 8.

TURKEY IN THE SLAW SANDWICHES

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| 2 cups (500 mL) coleslaw mix | 12 slices medium rye bread |
| 1/4 cup (50 mL) Thousand Island salad dressing | 12 thin slices cooked turkey breast |
| 2 tbsp (25 mL) Dijon mustard | 6 processed Swiss cheese slices |

Combine coleslaw mix and salad dressing; set aside. Spread mustard evenly over one side of 6 bread slices. Place 2 slices of turkey on each. Spread coleslaw mixture evenly over turkey. Top each with a slice of cheese and a bread slice. Cook on a lightly oiled nonstick griddle over medium heat until sandwiches are lightly browned and cheese is melted. Serve immediately. Serves 6.

TURKEY PITAS WITH HONEY MUSTARD

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| 1/3 cup (75 mL) mayonnaise | 2 cups (500 mL) chopped cooked turkey |
| 1 tbsp (15 mL) Dijon mustard | 1 cup (250 mL) thinly sliced celery |
| 1 tbsp (15 mL) honey | 1/3 cup (75 mL) toasted pecans, chopped |
| 1/4 tsp (1 mL) salt | 3 pita bread (6 inch/15 cm), halved |

In a bowl, combine mayonnaise, mustard, honey and salt until blended. Stir in turkey, celery and pecans. Fill pita halves with turkey mixture. Serve immediately or wrap and refrigerate for up to 4 hours. Serves 4 - 6.

TURKEY ORANGE SALAD

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| 1/4 cup (50 mL) orange juice | 1/8 tsp (0.5 mL) pepper |
| 1 1/2 tbsp (20 mL) red wine vinegar | 1 1/2 cups (375 mL) cubed cooked turkey |
| 1 tbsp (15 mL) olive oil | 2 navel oranges, peeled and sectioned |
| 1 1/2 tsp (7 mL) poppy seed | 1/3 cup (75 mL) sliced green onion |
| 1/4 tsp (1 mL) Dijon mustard | 8 cups (2 L) torn mixed greens |
| 1/8 tsp (0.5 mL) salt | |

Whisk together first 7 ingredients (orange juice through pepper); set aside. Combine remaining ingredients in a bowl; toss with dressing. Serve immediately. Serves 4.

THAI TURKEY SALAD

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| 1/4 cup (50 mL) soy sauce | 1 clove garlic, peeled |
| 1/4 cup (50 mL) peanut butter | 8 cups (2 L) baby spinach |
| 2 tbsp (25 mL) packed brown sugar | 3 cups (750 mL) diced cooked turkey |
| 2 tbsp (25 mL) rice vinegar | 2 cups (500 mL) chow mein noodles |
| 2 tbsp (25 mL) sesame oil | 1/2 cup (125 mL) sliced green onions |
| 1 tbsp (15 mL) grated fresh ginger | 1/2 cup (125 mL) chopped mixed nuts |
| 1/8 tsp (0.5 mL) red pepper flakes | |

To prepare dressing, use a hand-held blender and puree first 8 ingredients (soy sauce through garlic) until smooth. Combine spinach, turkey, noodles and green onions in a bowl. Add dressing and toss to combine. Sprinkle with nuts. Serves 4 - 6.