



Makeover Your Favourite Breakfast, Lunch and Dinner Recipes with Turkey



TASTY. NUTRITIOUS. VERSATILE.

BOUNTIFUL BREAKFAST BOWL WITH TURKEY SAUSAGE

SERVES: 4-6
PREP TIME: 20 MINS
COOK TIME: 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:

1. 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.
4. 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.
7. 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



TURKEY SAUSAGE PATTY



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:



STEP 1:
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: 4 - 6
PREP TIME: 30 MINS
COOK TIME: 15 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.
5. 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!

ADD SOME COOKED VEGETABLES:

BROCCOLI, CAULIFLOWER, SWEET POTATOES, EGGPLANT, CARROTS

MIX UP YOUR MARINADE:

- OLIVE OIL and LEMON
- BALSAMIC VINEGAR and GARLIC
- SRIRACHA and SESAME OIL
- MAPLE SYRUP and MUSTARD
- ORANGE JUICE and HONEY

START WITH SOME GRAINS:

- RICE
- QUINOA
- PASTA
- WHEAT BERRIES
- COUSCOUS

ADD A SIDE SALAD:

TOMATO and CUCUMBER, PEAS and SPROUTS,
SHREDDED CABBAGE, MESCLUN and STRAWBERRIES,
SPINACH and CARROTS

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.
7. 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

LOVING
LEFTOVERS



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