

THINK TURKEY™



*Entertain With Turkey  
This Holiday Season*





# Turkey Falafel Bites



SERVES: 36 PCS

PREP TIME: 20 MINS

COOK TIME: 10 MINS

## INGREDIENTS:

350 gr ground turkey  
1 tsp olive oil  
1/2 cup diced onion  
1/2 tsp smoked paprika  
1/2 tsp garlic powder  
Salt and pepper to taste  
1 package (285 gr) falafel mix  
1/2 cup store bought tzatziki  
1/3 cup pomegranate seeds  
1/3 cup unsalted pistachios  
1 tbsp honey  
36 appetizer skewers

## DIRECTIONS:

1. Heat olive oil in a medium size frying pan over medium heat. Add onions and sauté for 2-4 minutes until softened and just beginning to brown.
2. Add ground turkey, paprika, garlic powder and salt and pepper to taste.
3. Cook an additional 7-10 minutes, until turkey is cooked through and no longer pink. Mix to break up any larger chunks. Set aside to cool.
4. Prepare falafel mix according to package directions.
5. Add turkey mixture and combine. Form mixture into 1-inch balls.
6. Sauté in a non-stick frying pan and cook falafel balls until browned, 2 minutes per side. Remove and let drain on paper towels until cooled.
7. To assemble, spread tzatziki across a large appetizer platter. Dot with turkey falafel bites. Top each bite with an appetizer skewer.
8. Sprinkle with pomegranate seeds, pistachio nuts and cilantro. Drizzle with honey.



### 3 ways to serve!

1. Serve alongside a variety of mediterranean dips fro create a falafel bar.  
Try: tzatziki, hummus, roasted eggplant or roasted red pepper dips.
2. Serve two or three falafel bites on a skewer with a cherry tomato and cucumber for an instant falafel kebob.
3. Serve individual falafels in a half-mini-pita pocket with some parsley, tzatziki and sliced red onion for bite-sized falafel pita pockets.

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# Easy Turkey Meatballs



SERVES: 20-26 MEATBALLS  
PREP TIME: 20 MINS  
COOK TIME: 20 MINS

## INGREDIENTS:

1 1/2 lbs ground turkey  
1/2 cup onion, minced  
2 cloves garlic, crushed  
1 1/2 cups panko breadcrumbs  
3 eggs, beaten  
1/2 cup grated Romano cheese  
2 tbsp chopped fresh herbs  
Salt and pepper to taste

## DIRECTIONS:

1. Pre-heat oven to 350°F (180°C).
2. Sauté onions until softened and translucent, 5 minutes.
3. Add garlic and cook an additional 2 minutes. Remove mixture from heat and cool.
4. Combine all ingredients in a bowl; ground turkey, onion-garlic mixture, panko breadcrumbs, eggs, cheese and herbs. Season with salt and pepper to taste. Do not over mix.
5. Use a small ice cream scoop to portion out meatballs. Roll portions between moistened hands to create a round even shape.
6. Heat olive oil in a non-stick frying pan. Sear meatballs evenly, turning occasionally, until lightly browned on all sides, 4-5 minutes. Remove with a slotted spoon and transfer to a non-stick baking sheet.
7. Bake at 350°F (180°C) for 12-15 minutes until cooked through and no longer pink in the centre.
8. Serve the meatballs warm. Alternatively, you can freeze the meatballs on a clean baking sheet overnight and then divide into a few batches and store in the freezer in freezer-safe bags or airtight containers. Make sure to label bags or containers with a date. Meatballs can be stored in the freezer for up to 2 months.

## 3 STEPS:



**STEP 1:**  
SAUTÉ ONIONS AND GARLIC



**STEP 2:**  
COMBINE ALL INGREDIENTS



**STEP 3:**  
FORM AND BAKE



# Turkey Taco Party Cups

SERVES: 8-12 TACO CUPS  
PREP TIME: 15 MINS  
COOK TIME: 20 MINS

## INGREDIENTS:

2 lbs ground turkey  
1 tbsp olive oil  
1 cup minced onion  
Salt and pepper to taste  
2 tbsp taco seasoning  
1 cup crushed tomatoes  
3 large tortillas, cut into quarters  
1/2 cup sour cream

## DIRECTIONS:

1. Heat olive oil over medium heat in a skillet.
2. Sauté onions for 4-6 minutes until lightly browned.
3. Add ground turkey. Season with salt and pepper to taste. Sprinkle with taco seasoning.
4. Cook until lightly browned and cooked through, 8-10 mins.
5. Add tomatoes and stir to combine. Cook an additional 2 minutes.
6. Set aside to cool.
7. Spray a muffin tin with non-stick cooking spray.
8. Take each piece of tortilla and press into muffin cup to create a cup.
9. Bake for 10-12 minutes until browned and crispy.
10. To assemble: place 1 1/2-2 tbsp of ground turkey mixture into each cup. Top with 1-1 1/2 tsp sour cream, cherry tomato slices, jalapeño slices and cheese. Serve at room temperature.



## 4 STEPS:



**STEP 1:**  
SAUTÉ ONIONS, SEASON  
TURKEY



**STEP 2:**  
ADD TOMATOES AND  
COOK



**STEP 3:**  
BAKE TORTILLA CUPS  
AND FILL WITH TURKEY



**STEP 4:**  
FINISH WITH TOPPINGS

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