



Grow With Me Food Recipes



Recipe Name: Turkey Sliders

Ingredients

Procedure

**The amount of ground turkey you will need depends on how many people you are cooking for and the thickness you prefer of as well. The recipe is for 6 sliders. Steam or boil $\frac{1}{4}$ cup of broccoli and $\frac{1}{4}$ cup of carrots. Puree very fine in blender. In a large bowl mix $\frac{1}{2}$ pound of your ground turkey, your pureed vegetables, 1 egg, 1 teaspoon of garlic powder, 1 teaspoon salt, and 1 tablespoon of Italian dressing. Mix very well make small patties for either the grill or a warm frying pan (keep of low/med heat) Cook thoroughly on each side and if your child or/and family loves cheese you can add a slice on top to melt before serving. I serve my sliders on multi-grain or high fiber bread. This is be a favorite in your home!
