

# Porcupine Sliders

**SOUTH EDUCATION CENTER ALTERNATIVE SCHOOL**  
Richfield, Minnesota

## Our Story

The South Education Center Alternative (SECA) School recipe challenge team put their heads together in the school kitchen, mixing and matching the ingredients to find the perfect blend and created the national cook-off Grand Prize winning Porcupine Sliders.

What exactly are Porcupine Sliders? They are healthy, mouth-watering turkey burgers, high in protein, with just the right amount of spices and a kick of sweet cranberries, all served on small whole-wheat rolls. The addition of brown rice to the burger mixture created a prickly look like little porcupines – thus their name.

Porcupine Sliders are a delicious, nutritious, and appetizing new way to get kids to eat healthy. The simple ingredients and easy preparation makes them a favorable choice for a quick menu idea that kids will enjoy!

## School Team Members

**SCHOOL NUTRITION PROFESSIONAL:** Wanda Nickolai

**CHEF:** Todd Bolton (Parasole Restaurant Holdings, Inc.)

**COMMUNITY MEMBERS:** Theresa Guthrie (Family and Consumer Science Teacher) and Mary Lair (School Nurse, Bloomington Public Health)

**STUDENTS:** Adilene D., Chris D., Dominic L., and Dolores P.

## GRAND PRIZE WINNER Recipes for Healthy Kids

These mouth-watering turkey burgers are made with the right amount of spices and a burst of sweet cranberries and served on small whole-wheat rolls; watch children delight in the flavors!



## Porcupine Sliders



### Ingredients

- ¾ cup** Brown rice, long-grain, regular, dry
- 1 tsp** Canola oil
- 1 ½ Tbsp** Fresh onion, peeled, diced
- ¼ cup** Fresh celery, diced
- 1 ½ tsp** Fresh garlic, minced
- 1 lb** Raw ground turkey, lean
- 1** Egg, beaten
- 5 Tbsp** Dried cranberries, chopped
- ¾ cup** Fresh baby spinach, chopped
- 1 tsp** Worcestershire sauce
- ½ tsp** Salt
- ½ tsp** Ground black pepper
- 1 dash** Ground white pepper
- 6 (1 oz each)** Mini whole-wheat rolls (small dinner roll size)

**Preparation Time: 30 minutes**

**Cooking Time: 1 hour 20 minutes**

**Makes six sliders**

1 slider provides 2 oz equivalent meat/meat alternate and 1 oz equivalent grains.

### Directions

- 1.** Preheat oven to 350 °F.
- 2.** Combine brown rice and ½ cup water in a small pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Cover and refrigerate until completely cooled. A rice cooker may be used with the same quantity of brown rice and water.
- 3.** Heat canola oil in a small skillet. Add onions, celery, and garlic. Cook over medium heat for 5 minutes or until tender. Remove from heat. Cover and refrigerate until completely cooled.
- 4.** In a medium mixing bowl, combine turkey, egg, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and sautéed vegetables. Mix well. Shape into 6 patties.
- 5.** Line a large baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place patties evenly spaced on baking sheet.
- 6.** Bake uncovered for 20-25 minutes at 350 °F to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Do not overcook. Remove from oven and serve on a mini whole-wheat roll. Serve immediately.
- 7.** May be served with onion, lettuce, tomatoes, ketchup, and mustard.

**Nutrients Per Serving:** Calories **247**, Protein **16 g**, Carbohydrate **26 g**, Dietary Fiber **3 g**, Total Fat **9 g**, Saturated Fat **2 g**, Cholesterol **85 mg**, Vitamin A **540 IU (41 RAE)**, Vitamin C **2 mg**, Iron **2 mg**, Calcium **65 mg**, Sodium **366 mg**





**GRAND PRIZE WINNER**  
Recipes for Healthy Kids

These mouth-watering turkey burgers are made with the right amount of spices and a burst of sweet cranberries and served on small whole-grain rolls; watch children delight in the flavors!



# Porcupine Sliders

**SOUTH EDUCATION CENTER ALTERNATIVE SCHOOL**  
Richfield, Minnesota

## Our Story

---

For this recipe competition, the South Education Center Alternative (SECA) School created a recipe challenge team, which developed the national cook-off Grand Prize winning Porcupine Sliders.

What exactly are Porcupine Sliders? Meant to be served as an entrée, they are healthy, mouth-watering turkey burgers, high in protein, with just the right amount of spices and a kick of sweet cranberries, all served on whole-grain rolls. Students put their heads together in the school kitchen, mixing and matching the ingredients to find the perfect blend. They worked hard and had fun developing the tasty burger. The addition of brown rice to the burger mixture created a prickly look like little porcupines – thus their name. Then the school’s foodservice professionals made the sliders, and the team served them to their classmates that ate school lunch that day. After surveying the lunch room, the team received the positive feedback they needed to enter the competition for the big win!

Porcupine Sliders are a delicious, nutritious, and appetizing new way to get kids to eat healthy. The simple ingredients and easy preparation makes them a favorable choice for a quick menu idea that kids will enjoy!

## School Team Members

---

### SCHOOL NUTRITION PROFESSIONAL

Wanda Nickolai

### CHEF

Todd Bolton (Parasole Restaurant Holdings, Inc.)

### COMMUNITY MEMBERS

Theresa Guthrie (Family and Consumer Science Teacher) and Mary Lair (School Nurse, Bloomington Public Health)

### STUDENTS


Adilene D., Chris D., Dominic L., and Dolores P.

# Porcupine Sliders

Meal Components: Meat/Meat Alternate-Grains

Sandwiches F-10r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		1 ¾ cups		3 ½ cups	1. Combine water and brown rice in a stockpot and bring to a boil. Cover and cook until water is absorbed, about 30-40 minutes. Fluff. Cover and refrigerate at 40 °F  Critical Control Point: Cool to 40 °F or lower within 4 hours.
Brown rice, long grain, regular, dry	4 ¾ oz	¾ cup	9 ½ oz	1 ½ cups	
Canola oil		1 Tbsp		2 Tbsp	2. Heat oil. Sauté onions, celery, and garlic for 5-7 minutes or until soft. Cover and refrigerate.  Critical Control Point: Cool to 40 °F or lower within 4 hours.
*Fresh onions, diced	3 oz	½ cup 2 Tbsp	6 oz	1 ¼ cups	
*Fresh celery, diced	7 oz	1 ½ cups	14 oz	3 cups	
Fresh garlic, minced	1 ¼ oz	2 Tbsp	2 ½ oz	¼ cup	
Raw ground turkey, lean	3 lb 7 ¾ oz	1 qt 3 cups	6 lb 15 ½ oz	3 qt 2 cups	3. Combine turkey, eggs, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and onion mixture. Mix well.
Liquid, whole egg		1 ¼ cups		2 ½ cups	
Dried cranberries, chopped	6 oz	1 ¼ cups	12 oz	2 ½ cups	
*Fresh baby spinach, chopped	5 oz	1 qt	10 oz	2 qt	
Worcestershire sauce		1 Tbsp		2 Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.





## Whole Grains

# Porcupine Sliders


Meal Components: Meat/Meat Alternate-Grains

Sandwiches F-10r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Ground white pepper		¼ tsp		½ tsp	4. Portion into patties using a No. 8 scoop (½ cup) onto a parchment lined sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.  5. Bake: Conventional oven: 350 °F for 18 minutes Convection oven: 325 °F for 14 minutes DO NOT OVERCOOK.  Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.  6. Critical Control Point: Hold for hot service at 135 °F or higher.
Mini whole-grain rolls (1 oz each)		25		50	
					7. Serve on mini whole-grain rolls
					8. If desired serve with lettuce, sliced tomato, red onions, and condiments.
					9. Serve 1 slider.

**Notes**  
 \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
1 slider provides 2 oz equivalent meat/meat alternate and 1 oz equivalent grains.	25 Servings: about 5 lb 12 oz	25 Servings: 25 sliders
	50 Servings: about 11 lb 8 oz	50 Servings: 50 sliders

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	25 servings	50 servings
Mature onions	4 oz	8 oz
Celery	9 oz	1 lb 2 oz
Baby spinach	12 oz	1 lb 8 oz

Nutrients Per Serving					
Calories	247.00	Saturated Fat	2.22 g	Iron	2.06 mg
Protein	16.35 g	Cholesterol	85.29 mg	Calcium	64.79 mg
Carbohydrate	25.53 g	Vitamin A	539.83 IU	Sodium	365.57 mg
Total Fat	9.26 g		(40.96 RAE)	Dietary Fiber	3.14 g
		Vitamin C	1.56 mg		