

# Turkey and Dressing Supreme

Turkey and Dressing Supreme is a deliciously satisfying dish that blends turkey and dressing spiced with sage, fresh onion, celery, and green peppers.

## CACFP Home Childcare Crediting Information

1 piece (2 x 3 ¾ square) provides ½ cup vegetable (½ cup other vegetable), 1.5 oz equivalent meat, and 1.25 oz equivalent grains.



**Preparation Time:** 45 minutes

**Cooking Time:** 1 hour 15 minutes

**Makes:** 6 servings

## Ingredients

- 2 cups or 8 oz Crumbled cornbread
- 1 Tbsp or 1 oz Margarine, trans fat-free
- 2 cup or 8 oz Fresh celery, chopped
- 1 cup or 5 oz Fresh onions, chopped
- 1 cup or 5 oz Fresh green bell peppers, diced
- ¼ cup or 1 oz Whole-wheat flour
- ¼ cup or 2 oz Nonfat milk
- 1 cup Low-sodium chicken broth
- ¼ tsp Poultry seasoning
- ¼ tsp Ground black or white pepper
- ½ tsp Fresh garlic, minced
- ¼ tsp Ground sage
- 2 ½ cup or 10 oz Cooked turkey, shredded

## Directions

- 1 Preheat oven:  
Conventional oven: 350 °F.  
Convection oven: 350 °F.
- 2 Prepare cornbread. See Notes Section for recipe ingredients and directions.
- 3 Crumble cornbread into a medium-sized mixing bowl. Set aside for step 7.
- 4 In a medium saucepan, add margarine, celery, onions, and bell peppers. Sauté uncovered for 2-3 minutes over high heat, stirring constantly.
- 5 Turn heat down to medium. Add flour, stirring constantly. Onion mixture will have a pasty consistency.
- 6 Add milk and chicken broth. Continue stirring to avoid lumps.
- 7 Add poultry seasoning, pepper, garlic, and sage. Simmer uncovered for 2-3 minutes.
- 8 Combine crumbled cornbread, chicken broth mixture, and turkey (turkey dressing combination) in a large mixing bowl. Stir well.
- 9 Spread turkey dressing combination evenly into a baking dish (9" x 9" x 2") lightly coated with pan release spray.
- 10 Bake:  
Conventional oven: 350 °F for 30-40 minutes.  
Convection oven: 300 °F for 20-30 minutes.
- 11 Critical Control Point:  
Heat to 165 °F or higher for at least 15 seconds.
- 12 Critical Control Point:  
Hold for hot service at 140 °F or higher.
- 13 Portion:  
Cut each pan into six 2" x 3 ¾" squares.
- 14 Serve 1 piece (2" x 3 ¾" square).

## Notes Section

### Corn Bread Recipe

¾ cup or 3 oz Whole-wheat flour  
 ⅓ cup or 2 oz White whole-grain cornmeal  
 ¼ cup or 1 oz Sugar  
 2 tsp Baking powder  
 ¼ tsp Salt  
 1 oz Whole eggs, frozen, thawed  
 4 oz Nonfat milk  
 2 Tbsp Canola oil

1. Combine flour, cornmeal, sugar, baking powder, and salt in small mixing bowl.
2. Using a hand mixer, mix for 1 minute on low speed.
3. Combine eggs, milk, and oil in a large bowl. Stir well.
4. Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. DO NOT OVERMIX.
5. Mix for 1 minute on medium speed.
6. Pour batter on a baking pan (9" x 13" x 2") lightly coated with pan-release spray.
7. Bake until lightly browned:  
 Conventional oven: 400 °F for 30–35 minutes.  
 Convection oven: 350 °F for 20–25 minutes.
8. Remove from oven. Cool for 10 minutes.

#### Source:

CACFP Home Childcare 6-Serving Recipe Project

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**Nutrients Per Serving: Calories 215, Protein 17 g, Carbohydrates 25 g, Dietary Fiber 3 g, Total Sugars 6 g, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 40 mg, Sodium 240 mg, Vitamin A 34 mcg RAE, Vitamin C 20 mg, Vitamin D 37 IU, Calcium 68 mg, Iron 1 mg, Potassium 379 mg**



## Turkey and Dressing Supreme

Turkey and Dressing Supreme is a deliciously satisfying dish that blends turkey and dressing spiced with sage, fresh onion, celery, and green peppers.

### CACFP Adult Portion Crediting Information

1 piece (2" x 3 ¾" square) provides ½ cup vegetable (½ cup other vegetable), 2 oz equivalent meat, and 2 oz equivalent grains.

| INGREDIENTS   |            |             | 50 SERVINGS |             | DIRECTIONS<br>Recommend to prepare<br>and cook in batches of 25 servings   |
|---|------------|-------------|-------------|-------------|--|
|   | Weight     | Measure     | Weight      | Measure     |  |
| Crumbled cornbread<br>made from Cornbread -<br>USDA Recipe<br>(See Notes) | 2 lb       | 2 qt 2 cups | 4 lb        | 1 gal 1 qt  | 1 Preheat oven:<br>Conventional oven: 350 °F.<br>Convection oven: 350 °F.  |
|   |            |             |             |             | 2 Prepare cornbread. See Cornbread - USDA Recipe<br>for CACFP for ingredients and directions.  |
|   |            |             |             |             | 3 After cornbread cools, crumble into a large mixing<br>bowl. Set aside for step 8.  |
| Margarine, trans fat-<br>free   | 4 oz       | ½ cup       | 8 oz        | 1 cup       | 4 In a medium stock pot, add margarine, celery, onions,<br>and bell peppers. Sauté uncovered for 2-3 minutes<br>over high heat, stirring constantly. |
| *Fresh celery, chopped  | 1 lb 12 oz | 1 qt 2 cups | 3 lb 8 oz   | 3 qt        |  |
| *Fresh onions, chopped  | 1 lb 8 oz  | 1 qt 1 cup  | 3 lb        | 2 qt 2 cups |  |
| *Fresh green bell<br>peppers, diced                                       | 1 lb 8 oz  | 1 qt 1 cup  | 3 lb        | 2 qt 2 cups |  |

| INGREDIENTS                  | 25 SERVINGS |         | 50 SERVINGS |              | DIRECTIONS  |
|------------------------------|-------------|---------|-------------|--------------|---|
|                              | Weight      | Measure | Weight      | Measure      |   |
| Whole-wheat flour            | 4 oz        | ¾ cup   | 8 oz        | 1 ½ cups     | <b>5</b> Turn heat down to medium. Add flour, stirring constantly. Onion mixture will have a pasty consistency.   |
| Nonfat milk                  |             | 1 cup   |             | 2 cups       |   |
| Low-sodium chicken broth     |             | 1 qt    |             | 2 qt         | <b>6</b> Add milk and chicken broth. Continue stirring to avoid lumps.  |
| Poultry seasoning            |             | 1 ½ tsp |             | 1 Tbsp       |   |
| Ground black or white pepper |             | 1 tsp   |             | 2 tsp        | <b>7</b> Add poultry seasoning, pepper, garlic, and sage. Simmer uncovered for 2-3 minutes.   |
| Fresh garlic, minced         |             | 2 ½ tsp |             | 1 Tbsp 2 tsp |   |
| Ground sage                  |             | 1 ½ tsp |             | 1 Tbsp       | <b>8</b> Combine crumbled cornbread, chicken broth mixture, and turkey in a large mixing bowl. Stir well.   |
| Cooked turkey, shredded      | 3 lb 4 oz   |         | 6 lb 8 oz   |              |   |
|                              |             |         |             |              | <b>9</b> Spread 1 gal 2 qt (about 11 lb 8 oz) cornbread and turkey mixture evenly into a steam table pan (12" x 20" x 2 ½") lightly coated with pan release spray.<br>For 25 servings, use 1 pan.<br>For 50 servings, use 2 pans. |
|                              |             |         |             |              |   |
|                              |             |         |             |              | <b>10</b> Bake:<br>Conventional oven: 350 °F for 30-40 minutes.<br>Convection oven: 300 °F for 20-30 minutes.   |
|                              |             |         |             |              |   |
|                              |             |         |             |              | <b>11</b> Critical Control Point:<br>Heat to 165 °F or higher for at least 15 seconds.  |
|                              |             |         |             |              |   |
|                              |             |         |             |              | <b>12</b> Critical Control Point:<br>Hold for hot service at 140 °F or higher.  |

| INGREDIENTS | 25 SERVINGS |         | 50 SERVINGS |         | DIRECTIONS  |
|-------------|-------------|---------|-------------|---------|---|
|             | Weight      | Measure | Weight      | Measure |   |
|             |             |         |             |         | <b>13</b> Portion:<br>Cut each pan 5 x 5 (2" x 3 ¾" square pieces per pan). |
|             |             |         |             |         | <b>14</b> Serve 1 piece (2" x 3 ¾" square).                                 |

### NUTRITION INFORMATION

For 1 piece (2" x 3 ¾" square)

| NUTRIENTS | AMOUNT |
|-----------|--------|
| Calories  | 237    |

|                           |               |
|---------------------------|---------------|
| <b>Total Fat</b>          | <b>6 g</b>    |
| Saturated Fat             | 1 g           |
| Cholesterol               | 58 mg         |
| <b>Sodium</b>             | <b>276 mg</b> |
| <b>Total Carbohydrate</b> | <b>23 g</b>   |
| Dietary Fiber             | 3 g           |
| Total Sugars              | 7 g           |
| Added Sugars included     | N/A           |
| <b>Protein</b>            | <b>23 g</b>   |

|                        |            |
|------------------------|------------|
| Vitamin A              | 35 mcg RAE |
| Vitamin C              | 22 mg      |
| Vitamin D              | 39 IU      |
| Calcium                | 70 mg      |
| Iron                   | 1 mg       |
| Potassium              | 417 mg     |
| N/A=no data available. |            |

### SOURCE:

CACFP Adult Portion Recipe Project

### MARKETING GUIDE

| Food as Purchased for    | 25 Servings | 50 Servings |
|--------------------------|-------------|-------------|
| Fresh celery             |             |             |
| Fresh onions             | 2 lb 2 oz   | 4 lb 4 oz   |
| Fresh green bell peppers | 1 lb 15 oz  | 3 lb 14 oz  |
|                          | 2 lb 1 oz   | 4 lb 2 oz   |

### NOTES

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

Cooking Process #2: Same Day Service.

See Cornbread USDA Recipe ingredients and directions, <https://theicn.org/cnrb/>.

### YIELD/VOLUME

| 25 Servings                                    | 50 Servings                                     |
|--|---|
| About 9 lb 15 oz                               | About 19 lb 14 oz                               |
| About 1 steam table pan<br>(12" x 20" x 2 ½ ") | About 2 steam table pans<br>(12" x 20" x 2 ½ ") |