

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 $\frac{3}{4}$ square) provides $\frac{1}{2}$ cup vegetable (1/2 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
 $\frac{1}{4}$ cup or 1 oz Whole-wheat flour
 $\frac{1}{4}$ cup or 2 oz Nonfat milk
1 cup Low-sodium chicken broth
 $\frac{1}{4}$ tsp Poultry seasoning
 $\frac{1}{4}$ tsp Ground black or white pepper
 $\frac{1}{2}$ tsp Fresh garlic, minced
 $\frac{1}{4}$ tsp Ground sage
2 $\frac{1}{2}$ 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 $\frac{3}{4}$ " squares.
- 14 Serve 1 piece (2" x 3 $\frac{3}{4}$ " square).

Notes Section

Corn Bread Recipe

$\frac{3}{4}$ cup or 3 oz Whole-wheat flour
 $\frac{1}{3}$ cup or 2 oz White whole-grain cornmeal
 $\frac{1}{4}$ cup or 1 oz Sugar
2 tsp Baking powder
 $\frac{1}{4}$ 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

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 Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Crumbled cornbread made from Cornbread - USDA Recipe (See Notes)	2 lb	2 qt 2 cups	4 lb	1 gal 1 qt	<ol style="list-style-type: none"> Preheat oven: Conventional oven: 350 °F. Convection oven: 350 °F. Prepare cornbread. See Cornbread - USDA Recipe for CACFP for ingredients and directions. After cornbread cools, crumble into a large mixing bowl. Set aside for step 8. In a medium stock pot, add margarine, celery, onions, and bell peppers. Sauté uncovered for 2-3 minutes over high heat, stirring constantly.
Margarine, trans fat-free	4 oz	½ cup	8 oz	1 cup	
*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 peppers, diced	1 lb 8 oz	1 qt 1 cup	3 lb	2 qt 2 cups	

Turkey and Dressing Supreme – CACFP Adult Portion

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-wheat flour	4 oz	¾ cup	8 oz	1 ½ cups	5 Turn heat down to medium. Add flour, stirring constantly. Onion mixture will have a pasty consistency.
Nonfat milk		1 cup		2 cups	6 Add milk and chicken broth. Continue stirring to avoid lumps.
Low-sodium chicken broth		1 qt		2 qt	
Poultry seasoning		1 ½ tsp		1 Tbsp	7 Add poultry seasoning, pepper, garlic, and sage. Simmer uncovered for 2-3 minutes.
Ground black or white pepper		1 tsp		2 tsp	
Fresh garlic, minced		2 ½ tsp		1 Tbsp 2 tsp	
Ground sage		1 ½ tsp		1 Tbsp	
Cooked turkey, shredded	3 lb 4 oz		6 lb 8 oz		8 Combine crumbled cornbread, chicken broth mixture, and turkey in a large mixing bowl. Stir well.
					9 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. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					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.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					13 Portion: Cut each pan 5 x 5 (2" x 3 $\frac{3}{4}$ " square pieces per pan).
					14 Serve 1 piece (2" x 3 $\frac{3}{4}$ " square).

NUTRITION INFORMATION

For 1 piece (2" x 3 ¾" square)

NUTRIENTS	AMOUNT
Calories	237
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	58 mg
Sodium	276 mg
Total Carbohydrate	23 g
Dietary Fiber	3 g
Total Sugars	7 g
Added Sugars included	N/A
Protein	23 g
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 (12" x 20" x 2 ½")	About 2 steam table pans (12" x 20" x 2 ½")

