

## Turkey Patties with Apple & Plum Salsa



### Total:

30 - 40 minutes

### Makes:

4 - 6 servings

### Utensil:

Saladmaster Food Processor

12" Electric Oil Core Skillet

large mixing bowl

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### Contributed By:

Chef John

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### Recipe Description:

Ground turkey is delicate in flavor and should be treated with respect with the introduction of seasonings and sauces. These patties are very hearty and healthy and come alive when served with the [Apple & Plum Salsa](#) or a cranberry sauce.

1-1<sup>1</sup>?<sub>2</sub>  
pounds  
ground turkey, white meat only  
(450 - 680  
g)  
1<sup>1</sup>?<sub>3</sub>  
cup  
rolled oats  
(52

g)  
1<sup>1</sup>?<sub>2</sub>  
tablespoons  
unsalted sunflower seeds  
(14  
g)  
2  
tablespoons  
dried cranberries  
(15  
g)  
1<sup>1</sup>?<sub>4</sub>  
cup  
onions, shredded, using Cone #1  
(40  
g)  
1  
egg, beaten  
1  
tablespoon  
low-salt all-purpose seasoning  
(4  
g)  
1  
garlic clove, minced  
2  
teaspoons  
parsley, chopped  
(3  
g)  
1<sup>1</sup>?<sub>4</sub>  
cup  
whole cranberry sauce  
(28  
g)  
3<sup>3</sup>?<sub>4</sub>  
cup  
whole wheat bread crumbs  
(81  
g)

**Directions:**

1. In a large chilled bowl, combine well, but do not over mix ground turkey, rolled oats, sunflower seeds, dried cranberries and onions.
2. Add the beaten egg, seasoning, garlic, parsley and cranberry sauce.
3. Begin introducing the bread crumbs, until mixture holds together well. Additional bread crumbs may be required

depending on moisture content of the mixture.

4. Preheat electric skillet to 375°F/190°C.
5. Meanwhile, shape mixture into patties. When several drops of water sprinkled on pan skitter and dissipate, place patties in skillet. Cover, leaving the lid slightly cracked. When patties release from bottom of skillet, flip them over. Cover and reduce temperature to 150-160°F/65-70°C (lid should seal). Cook for 12 - 15 minutes.
6. Patties are cooked when juices run clear and the internal temperature on a food grade thermometer registers 170°F/77°C.
7. Serve patties with your favorite pasta, rice and seasonal vegetables. Top with Apple & Plum Salsa.

### Tips:

- Turkey patties may also be served on a bun with assorted condiments and accompaniments.

#### Nutritional Information per Serving

**Calories:**

203

**Total Fat:**

3g

**Saturated Fat:**

1g

**Cholesterol:**

78mg

**Sodium:**

165mg

**Total Carbs:**

19g

**Dietary Fiber:**

2g

**Sugar:**

6g

**Protein:**

23g