

COMPLIMENTARY

GREAT TASTE

HEALTHY LIVING

ISSUE THREE

ENTERTAINING EDITION

**EASY RECIPES
FEATURING MAKE-
AHEAD TIPS!**



Compliments of
Granny's Poultry
Cooperative

Turkey Wrapped Escargot with
Tomato-Garlic Fondant - Page 6

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Meet our Cooperative Farmers



Visit Grannys.ca to learn more about

- Our cooperative
- Our poultry farm families
 - Our history
- Our commitment to quality



"Cooperatives are a reminder to the international community that it is possible to pursue both economic viability and social responsibility."

– United Nations Secretary-General Ban Ki-Moon

COOPERATIVE ENTERPRISES BUILD A BETTER WORLD



Great Taste, Healthy Living

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GREAT TASTE

HEALTHY LIVING

ISSUE THREE



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Host A Memorable Gathering

If your family's calendar is like ours, it's probably filling up quickly with all types of social gatherings – family get-togethers, holiday parties with neighbours and office potlucks to name only a few. Entertaining at this time of year is about making those around you feel special, and one simple way you can do that is by serving meals that are both tasty and nutritious.

While chicken and turkey always have a place on our dinner tables during the week, the recipes in this issue demonstrate that they can certainly sparkle when dressed up for special occasions too. Poultry is not only a lean and nutritious alternative, but it is easy and versatile to cook with even when time is short. Another bonus is that people of all ages love the taste of chicken

and turkey, so you know that no matter which recipes you choose to make, they will surely be a hit with your guests.

Some of our favourite memories and stories are centered on the food we've shared with those we love. I hope that as you prepare to roll out the welcome mat this season, you are able to prepare and enjoy meals together that will create lasting memories for years to come.

Craig Evans, CEO
Granny's Poultry Cooperative



Savour Simplicity When Entertaining

Welcoming family and friends into our home is one of life's great pleasures, and it's no surprise that whenever company arrives, we tend to gather in the kitchen where it's warm, aromatic and joyfully noisy.

In fact, food is the focal point of most get-togethers, whether it's a relaxed, casual gathering or a formal occasion. But that doesn't mean that your menu has to be expensive or elaborate. In fact, the simplest dishes are often the most memorable and that's a good rule of thumb when entertaining. Your guests are there to see you, after all, not just what's for dinner.

The recipes featured in this issue will help you, the gracious host, come up with a delicious, healthy and creative entertaining menu without spending endless

hours in the kitchen and worse, taking precious time away from your guests. In addition to my "From the Chef" tips, look for the new "Prepare Ahead" icon that points out ways to best use your time by getting some recipe steps ready in advance.

PS: Although you might only see these appetizers and entrees as company fare, they are simple enough that you could make them any night of the week. Why not surprise your family tonight? Bon Appetit!

Chef Jason Wortzman
Granny's Poultry Cooperative



Eat, Drink & Be Healthy

The holidays are a special time of year; filled with family, friends and of course, food. Party fare can be high in calories and fat. How can you maximize festive flare and minimize holiday fat and calories? Poultry: a lean and delicious choice that fits into any entertaining meal plan and budget. Further, what guest doesn't like it?

This edition includes some very creative recipes to provide your guests with some healthier alternatives. For lower fat options to fried appetizers, try the Turkey Salad Rolls with Cherry Hoisin Sauce or the Mediterranean Turkey Crostini. If preparing a full meal, Granny's Seasoned Turkey Breast is an excellent entree option! This versatile turkey breast gives your guests the holiday flavour of turkey without the time and fuss of roasting a whole bird. This unique product is infused with flaxseed for a delicious flavor with the heart health benefits of Omega-3's as an added bonus.

Try it in the Omega-3 Turkey Breast Stuffed with Porcini Mushrooms for a delicious entree your guests will not forget. If serving chicken, the Pan-Seared Chicken with Mango Salsa is an excellent lean choice with an exotic twist for any company meal. When running short on time, pull your slow cooker out to try the Slow Cooked Lemon-Rosemary Chicken. This fantastic recipe includes the veggies – perfect when returning from a day of shopping or outdoor activities. All the best for a Healthy and Happy Holiday.

Vanda Racciatti, BHEc, RD
Granny's Poultry Cooperative



Lime-Chili Chicken Wings

Prep time



10 minutes

Cooking time



1 hour

Pieces



24



2 lb 900 g	Granny's fresh chicken wings
1 1/2 tsp 7.5 ml	mild paprika
1/2 tsp 2.5 ml	ground cumin
1/2 tsp 2.5 ml	ground coriander seed
To taste	freshly ground black pepper
1 tsp 5 ml	garlic, finely chopped
3 tbsp 45 ml	lime juice
1 1/2 tsp 7.5 ml	dried red chili flakes
1/2 tsp 2.5 ml	sea salt
1 tbsp 15 ml	vegetable oil
2 tbsp 30 ml	cilantro, freshly chopped

FROM THE CHEF:

"Chicken wings are a sure crowd pleaser no matter the occasion. This recipe is not only simple to prepare ahead of time, it is easy to serve and it's sure to disappear quickly."



1. Preheat oven to 375°F (190°C). Mix all ingredients in a bowl except for cilantro.
2. Marinate for 1-3 hours.
3. Place wings 1/2" apart on a baking sheet lined with parchment paper or tin foil.
4. Bake for approximately 1 hour.
5. Toss with cilantro and serve.

SERVING: 3.5 oz / 100 g

Calories	Protein	Carbs	Sodium	Fat
221	17 g	1 g	186 mg	16 g



**Quick Scan
Shopping
List**



Peanut Sauce

1/2 cup 125 ml	natural peanut butter, crunchy
1/4 cup 65 ml	onion, minced
1 cup 250 ml	canned coconut milk
1 tsp 5 ml	dried red chili flakes
1 tbsp 15 ml	Thai fish sauce
1 tbsp 15 ml	soya sauce

1. Combine all ingredients in a pot and simmer over low heat for 15 minutes stirring frequently.
2. Serve over Chicken Satay.

Chicken Satay with Peanut Sauce

Prep time 15 minutes	Cooking time 20 minutes	Pieces 18
------------------------------------	---------------------------------------	-------------------------



- | | |
|-----------------|--|
| 1 lb 400 g | Granny's fresh boneless, skinless chicken breast |
| 1/4 cup 65 ml | red onion, chopped |
| 1 tbsp 15 ml | garlic, chopped |
| 1 tbsp 15 ml | brown sugar |
| 1 tbsp 15 ml | Thai fish sauce |
| 1 tsp 5 ml | rice vinegar |
| 2 tbsp 30 ml | water |
| 1 tbsp 15 ml | vegetable oil |

FROM THE CHEF:
 "This traditional Thai dish has gained a huge following with Canadian cooks. You can't go wrong with tender marinated chicken & an irresistible peanut sauce. Be sure to use natural peanut butter to get the most authentic nutty flavour."



1. Cut chicken into thin strips approx. 3" (8 cm) long.
2. Blend onion, garlic, sugar, fish sauce, vinegar, water and vegetable oil in a food processor.
3. Marinate chicken in mixture for a minimum of 2 hours then thread chicken strips onto soaked wooden skewers.
4. Prepare Peanut Sauce (recipe above).
5. Place skewers on a baking sheet and cook at 400°F (205°C) for 15 minutes until fully cooked or grill over direct heat on a barbecue until fully cooked.
6. Coat with warm Peanut Sauce and serve.

Optional: sprinkle with fresh chopped cilantro.



Quick Scan Shopping List

SERVING: 3.5 oz / 100 g				
Calories	Protein	Carbs	Sodium	Fat
152	16 g	5 g	352 mg	8 g

Tomato-Chili Relish

1 tsp 5 ml	garlic, minced
2 tbsp 30 ml	onion, minced
1 tbsp 15 ml	olive oil
1 1/2 tsp 7.5 ml	dried red chili flakes
2 tbsp 30 ml	red wine vinegar
1 1/2 cups 375 ml	canned Italian tomatoes, finely chopped
1/2 tsp 2.5 ml	sea salt
1/4 tsp 1.25 ml	cracked black pepper

1. Sauté garlic and onions in oil.
2. Add chilies, vinegar, tomatoes, sea salt and black pepper.
3. Simmer over low heat until thick.
4. Cool. Serve relish over Chicken & Sweet Potato Fritters.

Chicken & Sweet Potato Fritters with Tomato-Chili Relish

Prep time



15 minutes

Cooking time



15 minutes

Pieces



18

3/4 lb 300 g	Granny's fresh boneless, skinless chicken thigh, diced small
1/2 cup 125 ml	sweet potato, peeled and diced small
4 tbsp 60 ml	flour
2	eggs
1/4 cup 65 ml	green onion
1 tsp 5 ml	garlic, minced
1 tsp 5 ml	fresh lemon juice
1/2 tsp 2.5 ml	ground allspice
1/2 tsp 2.5 ml	ground coriander seed
To taste	freshly ground black pepper
1 tsp 5 ml	sea salt
1/4 cup 65 ml	vegetable oil



FROM THE CHEF:

"This southern-inspired dish is sure to make a unique addition to your appetizer tray. I love the depth of flavour as well as the fact that you can make and fry the fritters ahead of time, then reheat them in the oven when your guests arrive."



Prepare Ahead

1. Microwave diced sweet potatoes on high for 2 minutes and let cool.
2. Beat eggs in a bowl, then add flour and mix.
3. Add diced chicken, sweet potato, onion, garlic, lemon juice and seasonings. Mix well.
4. Heat a frying pan on low then add oil. Carefully drop fritter mixture into the oil one tablespoon at a time. When cooked on one side, flip over and continue until fully cooked.

Fritters can be cooled then reheated at 350°F (175°C) for 10 minutes.

5. Serve warm with Tomato-Chili Relish (recipe above).



**Quick Scan
Shopping
List**

SERVING: 2.5 oz / 70 g

Calories	Protein	Carbs	Sodium	Fat
130	8 g	5 g	300 mg	9 g



Tomato-Garlic Fondant

- 1 tbsp | 15 ml olive oil
- 1 tbsp | 15 ml garlic, finely chopped
- 4 ripe medium tomatoes
- 1 tbsp | 15 ml fresh oregano, chopped
- To taste sea salt and cracked black pepper

1. Cut tomatoes with an x on the bottom and place in boiling water for 1 minute.
2. Place tomatoes in cold water and remove skin.
3. Remove tomato seeds and finely chop.
4. Sauté garlic in olive oil over medium heat until translucent.
5. Add chopped tomatoes and simmer gently until almost dry.
6. Add oregano, salt and pepper. Serve over Turkey Wrapped Escargot.



Turkey Wrapped Escargot with Tomato-Garlic Fondant

Prep time 30 minutes	Cooking time 30 minutes	Pieces 24
---	--	--------------------------------



- | | |
|-------------------------|--|
| 1 | Granny's Seasoned, Boneless Turkey Breast |
| 1 tbsp 15 ml | olive oil |
| 2 tbsp 30 ml | flat leaf parsley, chopped |
| 1/2 tsp 2.5 ml | cracked black pepper |
| 1 tbsp 15 ml | olive oil |
| 3 tbsp 45 ml | red onion, finely chopped |
| 1 tbsp 15 ml | garlic, finely chopped |
| 1 - (7 oz 199 ml) can | large escargot, rinsed well |
| 3 tbsp 45 ml | flat leaf parsley, chopped |
| 1-2 tsp 5-10 ml | fresh red chili peppers, seeded & finely chopped |
| 1/4 cup 65 ml | red or white wine |
| To taste | sea salt and cracked black pepper |

FROM THE CHEF:
 "I apprenticed with a chef in France, who created an appetizer like this. The experience opened my eyes to the many ways turkey can be made the star of the show. While this intricate recipe requires a little extra effort, it's well worth it once you see how it impresses your guests."

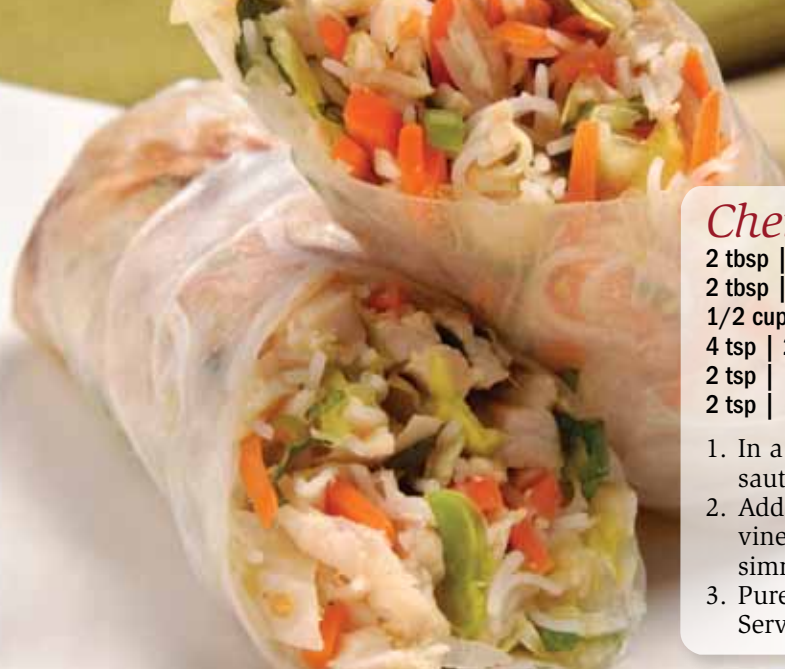


1. Remove skin from turkey breast. Cut breast meat into 1" squares approximately 1/2" thick.
2. Using a kitchen mallet or the flat bottom of a pan, pound breast meat between sheets of plastic wrap until the meat is paper thin. Any extra turkey is great for a stir fry.
3. Combine turkey pieces in a bowl with olive oil, parsley and pepper.
4. In a large skillet, sauté onion and garlic in remaining olive oil over medium heat until translucent.
5. Add escargot, parsley and chilies and sauté for a few additional minutes to combine flavours. Add wine and stir until nearly dry, then season with salt and pepper and set aside to cool.
6. Wrap each escargot with a piece of turkey then space evenly apart on a baking sheet lined with parchment paper.
7. Bake at 375°F (190°C) for 10-15 minutes.
8. Serve with a small portion of Tomato-Garlic Fondant (recipe above) on top of each piece.



Quick Scan Shopping List

SERVING: 3.5 oz / 100 g				
Calories	Protein	Carbs	Sodium	Fat
130	15 g	3 g	322 mg	6 g



Cherry Hoisin Sauce

2 tbsp 30 ml	fresh ginger
2 tbsp 30 ml	vegetable oil
1/2 cup 125 ml	cherry jam
4 tsp 20 ml	soya sauce
2 tsp 10 ml	rice vinegar
2 tsp 10 ml	Chinese five spice

1. In a saucepan over medium high heat, sauté ginger in oil until brown.
2. Add cherry jam, soya sauce, rice vinegar and Chinese five spice and simmer for 5 minutes.
3. Puree in a food processor and let cool. Serve with Turkey Salad Rolls.

Turkey Salad Rolls with Cherry Hoisin Sauce

Prep time



30 minutes

Cooking time



not required

Pieces



12

2 cups 500 ml	Granny's turkey boneless breast and/or thighs, cooked and shredded
1 cup 250 ml	carrot, thinly sliced
1/4 cup 65 ml	fresh mint
1/2 head	iceberg lettuce, shredded
1 bunch	green onion, chopped
1/2 cup 125 ml	rice vermicelli, cooked and chopped
1 package	rice paper



1. Prepare Cherry Hoisin Sauce (recipe above).
2. Combine turkey, carrot, mint, lettuce, green onion and vermicelli in a bowl.
3. Brush both sides of rice paper with water.
4. Spread 1/2 teaspoon of hoisin on paper then add 3 tablespoons of filling. Fold in 2 ends and then roll up tight.
5. Repeat with remaining mixture.
6. Serve cold with Cherry Hoisin Sauce or your favourite dipping sauce.

SERVING: 3.5 oz / 100 g

Calories	Protein	Carbs	Sodium	Fat
150	7 g	19 g	307 mg	5 g



FROM THE CHEF:

"If you're looking for a unique way to use up leftover turkey, consider this Vietnamese-style appetizer. The transparent rice paper shows off the colourful filling packed inside each roll and every bite is fresh, flavourful and crunchy."



Quick Scan
Shopping
List



Mediterranean Turkey Crostini

Prep time  15 minutes	Cooking time  15 minutes	Pieces  18
--	---	---



- | | |
|-------------------|--|
| 1/2 lb 225 g | Granny's boneless skinless turkey breast, cut into 1/4" (1/2 cm) cubes |
| 1 tsp 5 ml | garlic, finely chopped |
| 1 tbsp 15 ml | olive oil |
| 2 cups 500 ml | fresh baby spinach, chopped |
| 3 tbsp 45 ml | sundried tomatoes, chopped |
| 2 tbsp 30 ml | pine nuts, toasted |
| 1/2 cup 125 ml | soft goat cheese |
| 1/4 tsp 1.25 ml | sea salt |
| To taste | fresh ground black pepper |
| 1 | French baguette, cut into 1/4 inch rounds |

FROM THE CHEF:

"The colours and flavours of Italy are abundant in this make-ahead appetizer, sure to be a hit with hungry guests. It's a modern take on traditional Mediterranean flavours."



1. Preheat oven to 375°F (190°C).
2. Sauté turkey and garlic in olive oil over medium heat until almost fully cooked.
3. Add spinach, stir and continue cooking until fully cooked and liquid is gone. Cool and add sundried tomatoes, pine nuts, goat cheese and seasoning. Mix well.
4. Place sliced baguette rounds on a baking sheet and top generously with mixture.
5. Bake for 15 to 20 minutes and serve warm.



Quick Scan Shopping List

SERVING: 1.75 oz / 50 g				
Calories	Protein	Carbs	Sodium	Fat
140	8 g	20 g	270 mg	3 g

Tapenade

1/4 cup | 65 ml Kalamata olives, pits removed
 2 tsp | 10 ml capers
 1 tbsp | 15 ml fresh oregano
 1 tbsp | 15 ml fresh cracked black pepper
 1 tsp | 5 ml fresh lemon juice
 1 tbsp | 15 ml olive oil

1. Finely dice olives, capers and oregano. Add lemon juice, black pepper and olive oil and mix well.
2. Serve over Cornmeal Crusted Chicken Breast.

Tomato-Pancetta Compote

1 tbsp | 15 ml olive oil
 1/2 cup | 125 ml pancetta (may substitute bacon), diced
 1 - (28 oz | 796 ml) can Italian tomatoes, seeded, drained and chopped
 To taste sea salt and fresh cracked black pepper

1. In a saucepan, sauté pancetta with olive oil until lightly browned.
2. Add tomatoes and simmer until almost dry.
3. Season with salt and pepper. Serve with Cornmeal Crusted Chicken Breast.

Cornmeal Crusted Chicken Breast with Goat Cheese, Tapenade & Tomato-Pancetta Compote

Prep time**15 minutes****Cooking time****45 minutes****Serves****4**

4 Granny's boneless skinless chicken breasts
 1 cup | 250 ml cornmeal
 1 tsp | 5 ml paprika
 1 tsp | 5 ml sea salt
 1/4 tsp | 1.25 ml fresh cracked black pepper
 1/2 cup | 125 ml flour
 1 egg, beaten
 4 oz | 125 g goat cheese



1. Prepare Tomato-Pancetta compote and Tapenade (recipes above).
2. Place flour in a shallow dish, place beaten egg in a separate bowl and combine cornmeal with paprika, salt and pepper in another bowl.
3. Dredge each breast in flour, dip in egg, and then coat in the cornmeal mixture.
4. Heat a frying pan over medium heat then add oil. Lightly brown each breast on both sides then transfer them to a baking sheet. Top each breast with 2-3 tablespoons of goat cheese.
5. Bake breasts at 350°F (175°C) for about 30 minutes or until they reach a minimum internal temperature of 170°F (77°C).
6. Place each breast on a bed of warm Tomato-Pancetta Compote and top with a spoonful of Tapenade.



FROM THE CHEF:

"After wooing them with the restaurant-style presentation, you'll win over your dinner guests with this impressive dish, featuring layer upon layer of interesting flavours and textures. Serve with hot pasta tossed with butter and parmesan cheese."



Quick Scan Shopping List

SERVING: 3.5 oz / 100 g

Calories	Protein	Carbs	Sodium	Fat
143	13 g	10 g	354 mg	6 g



Slow Cooked Lemon-Rosemary Chicken

Prep time  10 minutes	Cooking time  4.5 hours	Serves  4
--	--	--



- | | |
|-------------------|---|
| 1 whole | Granny's Finest Sungrown® Chicken, frozen |
| 3 cups 750 ml | baby potatoes, halved or quartered |
| 1 cup 250 ml | peeled baby carrots |
| 3 cloves | garlic, coarsely chopped |
| 2 tbsp 30 ml | fresh rosemary, chopped (or 1/2 tsp 2.5 ml dried) |
| 1/4 cup 65 ml | homemade or low sodium chicken stock |
| 1 | lemon, juice only |
| 1 tsp 5 ml | sea salt |
| 1/4 tsp 1.25 ml | freshly ground black pepper |

1. Microwave potatoes on high for 4.5 minutes. Place in bottom of a 6-7 quart slow cooker.
2. Microwave carrots on high for 2.5 minutes, then add to cooker.
3. Add garlic, then place frozen whole chicken on top of vegetables.
4. Pour stock, then lemon juice over chicken.
5. Sprinkle rosemary and salt over chicken then cook on high setting for 4.5 hours. When finished, cooker should then switch to warm.
6. When ready to serve, place whole chicken on a platter with vegetables. Drizzle juices over it and add freshly ground black pepper.

FROM THE CHEF:
 "Maximum flavour with minimal preparation, this cook-from-frozen chicken dish is perfect for entertaining the whole gang after a day of sledding, skiing or skating. The Sungrown® feeding program makes this chicken rich in Omega-3 & moist and tender."

SERVING: 3.5 oz / 100 g				
Calories	Protein	Carbs	Sodium	Fat
140	10 g	4 g	96 mg	8 g



Quick Scan Shopping List



View how to prepare this recipe @ Grannys.ca

Mango Salsa

3/4 cup 190 ml	mango, diced 1/4" (1/2 cm cubes)
2 tbsp 30 ml	red bell pepper, finely diced
2 tbsp 30 ml	red onion, finely diced
1 tbsp 15 ml	jalapeno, finely chopped
2 tbsp 30 ml	fresh lime juice
1 tbsp 15 ml	cilantro, roughly chopped

1. In medium bowl, combine mango, red pepper, onion, jalapeno, lime juice and cilantro.
2. Cover and let stand at room temperature for about 1 hour, if possible.
3. Serve over Pan-Seared Chicken Breast.

Pan Seared Chicken Breast with Mango Salsa

Prep time



15 minutes

Cooking time



1 hour

Serves



4-5

4	Granny's boneless skinless chicken breasts
1/8 tsp 0.65 ml	cayenne pepper
1/2 tsp 2.5 ml	cumin
1/2 tsp 2.5 ml	sea salt
To taste	fresh black pepper
1 tsp 5 ml	lime juice
1 tbsp 15 ml	olive oil



1. Prepare Mango Salsa (recipe above).
2. Combine cayenne, cumin, salt, pepper, lime juice and olive a bowl with chicken breasts and marinate for 30 minutes.
3. In a large skillet over medium heat, sauté chicken breasts for 6 minutes per side or until the outside is lightly browned and inside is no longer pink.
4. Remove breasts and serve with Mango Salsa.

SERVING: 3.5 oz / 100 g

Calories	Protein	Carbs	Sodium	Fat
112	18 g	2 g	135 mg	2 g



FROM THE CHEF:

"When unexpected guests drop by for dinner, this quick and easy recipe can be a real life saver. Using boneless, skinless chicken breasts cuts your prep time down to a few minutes, while the sweet, zesty salsa delivers a fresh burst of summer even in the winter."






**Quick Scan
Shopping
List**



Visit grannys.ca to learn more about cooking times based on the size of your turkey.

Oven Roasted Whole Turkey

Prep time  10 minutes	Cooking time  2.5 - 5 hours	Serves  varies
--	--	---

Varies depending on bird size. 1 lb per person or 1 kg for 2 people allowing for lots of leftovers



- | | |
|--------------------|----------------------------------|
| 1 whole | Granny's turkey, fresh or thawed |
| 1 tbsp 15 ml | garlic, finely chopped |
| 3 tbsp 45 ml | butter, softened |
| 1 tbsp 15 ml | olive oil |
| 1 tbsp 15 ml | fresh poultry herbs, chopped |
| 2 tbsp 30 ml | onion, finely chopped |
| 1 tsp 5 ml | Dijon mustard |
| 1 1/2 tsp 7.5 ml | sea salt |
| 1/2 tsp 2.5 ml | cracked black pepper |

1. Preheat oven to 350°F (175°C) for convection roast or 375°F (190°C) in a regular oven.
2. Remove neck and giblets.
3. Rinse whole bird and dry with paper towel.
4. Combine all seasoning ingredients from garlic to black pepper.
5. Carefully lift skin away from the breast and thighs – do not tear it.
6. Tuck seasoning mixture between skin and meat, spreading it around as much as possible; put any extra inside the cavity.
7. Rub outside of the skin with olive oil.
8. Place turkey on a wire rack inside the roasting pan so that the juices are able to drain.
9. Cover the top of the bird loosely with foil. Place in oven. Remove foil after 1-2 hours depending on size of bird.
10. A meat thermometer should read 170°F (77°C) when the bird is done or you can cut into the joint between the thigh and the leg when you think it is done. The juices should run clear and the bone shouldn't be red in colour.

FROM THE CHEF:
 "A large heavy metal roasting pan will make a huge difference as it allows hot air to circulate around the turkey while in the oven. Also, I highly recommend making your stuffing in a separate casserole dish as an unstuffed bird will cook more evenly."



Quick Scan Shopping List

SERVING: 3.5 oz / 100 g				
Calories	Protein	Carbs	Sodium	Fat
142	22 g	0 g	133 mg	5 g



View how to cook and carve your turkey @ Grannys.ca



Turkey Breast Cutting Instructions:



1. Make a cut in the turkey breast from one end to the other not cutting all of the way through.



2. Create a large pocket by cutting the slit further on one side. Repeat on the other side.



Omega-3 Turkey Breast

with Italian Sausage Stuffing

Prep time



15 minutes

Cooking time



1 hour

Serves



4-5

1	Granny's Seasoned, Boneless Turkey Breast, thawed
1 tbsp 15 ml	butter
1 tbsp 15 ml	olive oil
1 cup 250 ml	homemade or low sodium turkey or chicken stock
5-6 threads	Spanish saffron
1/2 cup 125 ml	leeks, diced
1/2 cup 125 ml	red bell pepper, diced
1/2 lb 250 g	Italian sausage, mild or hot
1/2 tsp 2.5 ml	sea salt
To taste	freshly ground black pepper
2 tbsp 30 ml	Italian parsley, coarsely chopped
3 cups 750 ml	day-old white & pumpernickel bread, cubed

1. Preheat oven to 375°F (190°C).
2. Add saffron to stock, bring to a boil and then let cool.
3. Sauté leek, pepper and sausage in a pan with butter and oil until lightly brown; let cool.
4. Mix stock, sausage mixture, salt, pepper, parsley & bread in a large bowl.
5. Cut a large pocket in turkey breast. (cutting instructions above).
6. Place the stuffing mixture into the pocket.
7. Place the breast on a baking sheet lined with parchment paper.
8. Cover the stuffing area with a greased piece of foil.
9. Bake for 40 minutes, remove foil and continue baking for another 20 minutes or until it reaches a minimum internal temperature of 170°F (77°C).
10. Let stand for 10-15 minutes before slicing.



Prepare Ahead



FROM THE CHEF:

"A traditionally Spanish seasoning, saffron is what sets this unique bread stuffing apart, not only in scent and flavour but in colour. It is renowned as being among the world's costliest spices, but it takes only a pinch of saffron to brighten any dish."



Quick Scan
Shopping
List

SERVING: 3.5 oz / 100 g

Calories	Protein	Carbs	Sodium	Fat
175	13 g	6 g	408 mg	10 g



View how to
prepare this
recipe @
Grannys.ca



Omega-3 Turkey Breast Stuffed with Porcini Mushrooms

Prep time 15 minutes	Cooking time 1 hour	Serves 4-5
---	--	---------------------------------



- | | |
|---------------------|---|
| 1 | Granny's Seasoned, Boneless Turkey Breast, thawed |
| 1 tbsp 15 ml | olive oil |
| 1 tbsp 15 ml | garlic, finely chopped |
| 1 - 10 g pkg | dried porcini mushrooms |
| 1 1/2 cups 375 ml | arugula |
| 1 1/2 cups 375 ml | fresh baby spinach |
| 4 tbsp 60 ml | fresh parmesan, grated |
| 2 tbsp 30 ml | pine nuts, toasted |
| 1/2 - 150 g pkg | fresh mozzarella, diced |
| 1 | egg white |
| 1/4 tsp 1.25 ml | sea salt |
| To taste | freshly ground black pepper |

FROM THE CHEF:
 "Dried porcini mushrooms, with their warm, earthy flavour, can be found in Italian specialty shops as well as some supermarkets. Once you taste the difference they make in countless dishes, you'll realize they are well worth seeking out."

- Preheat oven to 375°F (190°C).
- Soak mushrooms in 1/4 cup of water until soft. Drain, reserving liquid.
- Sauté garlic and mushroom over medium heat with olive oil for 2 minutes. Add 3/4 cup mushroom liquid & cook until almost dry.
- Add arugula and spinach and sauté until fully cooked; let cool.
- Mix with remaining ingredients in a large bowl.
- Cut a large pocket in turkey breast (cutting instructions on page 13).
- Place the stuffing mixture into the pocket.
- Place the breast on a baking sheet lined with parchment paper.
- Cover the stuffing area with a greased piece of foil.
- Bake for 40 minutes, remove foil and continue baking for another 20 minutes or until meat reaches a minimum internal temperature of 170°F (77°C).
- Let stand for 10-15 minutes before slicing.



Quick Scan Shopping List

SERVING: 3.5 oz / 100 g				
Calories	Protein	Carbs	Sodium	Fat
179	18 g	1 g	329 mg	10 g



Omega-3 Turkey Breast Stuffed with Brie & Cranberry

Prep time



5 minutes

Cooking time



45 minutes

Serves



4-5

- | | |
|------------------|---|
| 1 | Granny's Seasoned, Boneless Turkey Breast, thawed |
| 3 oz 100 g | brie, chopped |
| 1/2 cup 125 ml | dried cranberries |
| 1/4 cup 65 ml | slivered almonds |
| 1/8 cup 30 ml | green onion, chopped |
| 1/8 cup 30 ml | egg white |

1. Combine brie, cranberries, almonds, onion and egg white in a bowl.
2. Cut a large pocket in turkey breast (cutting instructions on page 13).
3. Stuff the brie and cranberry mixture into the pocket.
4. Place the breast on a baking sheet lined with parchment paper.
5. Cover the stuffing area with a greased piece of foil.
6. Bake for approximately 45 minutes until meat reaches a minimum internal temperature of 170°F (77°C).
7. Let stand for 10-15 minutes before slicing.



SERVING: 3.5 oz / 100 g

Calories	Protein	Carbs	Sodium	Fat
175	18 g	6 g	269 mg	9 g



FROM THE CHEF:

"The classic combination of creamy brie and tart cranberry may invoke the flavours of the holidays, but this simple dish makes it easy to pair them up for dinner throughout the year. Best served with a dry, clean white wine such as Pinot Grigio or Chardonnay."



Quick Scan Shopping List

Shopping Lists:



Pantry Essentials:

Flour, butter, dried red chili flakes, eggs, olive oil, garlic, fresh ground black pepper, ground coriander seed, homemade or low-sodium turkey or chicken stock, lemons, limes, 1 roll parchment paper, sea salt, soya sauce, vegetable oil, onions



Quick Scan

Lime-Chili Chicken Wings – Page 3

2 lb (900 g) - Granny's fresh chicken wings, mild paprika, ground cumin, cilantro



Chicken Satay with Peanut Sauce – Page 4

1 lb (400 g) Granny's boneless skinless chicken breasts, brown sugar, Thai fish sauce, rice vinegar, natural crunchy peanut butter, canned coconut milk, wooden skewers, red onion



Quick Scan



Quick Scan

Chicken & Sweet Potato Fritters with Tomato-Garlic Fondant – Page 5

3/4 lb (300 g) Granny's boneless skinless chicken thighs, 1 bunch green onions, 1 sweet potato or yam, ground allspice, red wine vinegar, 1 can Italian tomatoes



Turkey Wrapped Escargot with Tomato-Garlic Fondant – Page 6

1 Granny's Seasoned, Boneless Turkey Breast, flat leaf (Italian) parsley, 1 - 7 oz (199 ml) can large escargot, 2 fresh red chili peppers, red or white wine, 4 ripe medium tomatoes, fresh oregano, red onion



Quick Scan



Quick Scan

Turkey Salad Rolls with Cherry Hoisin Sauce – Page 7

2 cups (500 ml) cooked turkey breast and/or thigh meat, 2-3 carrots, fresh mint, 1 head iceberg lettuce, 1 bunch green onions, 1 package rice vermicelli, 1 package rice paper, fresh ginger, Chinese five spice, 1 jar cherry jam, rice vinegar



Mediterranean Turkey Crostini – Page 8

1/2 lb (225 g) Granny's boneless skinless turkey breasts, fresh baby spinach, 1 jar sundried tomatoes packed in oil, pine nuts, soft goat cheese, 1 French baguette



Quick Scan



Quick Scan

Cornmeal Crusted Chicken Breast with Goat Cheese, Tapenade & Tomato-Pancetta Compote – Page 9

4 Granny's boneless skinless chicken breasts, cornmeal, paprika, goat cheese, 1 package pancetta, 1 can Italian tomatoes, 1 jar Kalamata olives, 1 jar capers, fresh oregano



Slow Cooked Lemon-Rosemary Chicken – Page 10

1 frozen Granny's Finest Sungrown® Chicken, 1 bag baby potatoes, 1 bag baby cut carrots, fresh rosemary



Quick Scan



Quick Scan

Pan Seared Chicken Breast with Mango Salsa – Page 11

4 Granny's boneless skinless chicken breasts, cayenne pepper, cumin, 1-2 mangos, 1 red bell pepper, 1 jalapeno pepper, 1 bunch cilantro



Oven Roasted Whole Turkey – Page 12

1 Granny's Turkey, 1 package fresh poultry herbs (sage, thyme, rosemary, parsley), Dijon mustard



Quick Scan



Quick Scan

Omega-3 Turkey Breast with Italian Sausage Stuffing – Page 13

1 Granny's Seasoned, Boneless Turkey Breast, Spanish saffron, 1-2 leeks, 1 red bell pepper, 1/2 lb (250 g) mild or hot Italian sausage, 1 bunch Italian parsley, 1 loaf of each white & pumpernickel bread



Omega-3 Turkey Breast Stuffed with Porcini Mushrooms – Page 14

1 Granny's Seasoned, Boneless Turkey Breast, 1 package dried porcini mushrooms, 1 package arugula, fresh baby spinach, fresh parmesan cheese, 1 package fresh mozzarella, pine nuts



Quick Scan



Quick Scan

Omega-3 Turkey Breast Stuffed with Brie & Cranberry – Page 15

1 Granny's Seasoned, Boneless Turkey Breast, 1 wheel of brie, 1 package dried cranberries, 1 package slivered almonds, 1 bunch green onions



THINK BIG



*Granny's
Seasoned,
Boneless
Turkey Breast*

- *Frozen, Ready to Cook*
- *Moist and Delicious*
- *Infused with Omega 3*

**Oven
Ready!**

*Perfect for the holidays or
as an everyday meal option.*



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