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		Directions Process #2: Same Day Service
	Weight	Measure	
Water		1 ¾ 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	
Canola oil		1 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	
*Fresh celery, diced	7 oz	1 ½ cups	
Fresh garlic, minced	1 ¼ oz	2 Tbsp	
Raw ground turkey, lean	3 lb 7 ¾ oz	1 qt 3 cups	3. Combine turkey, eggs, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and onion mixture. Mix well.
Liquid, whole egg		1 ¼ cups	
Dried cranberries, chopped	6 oz	1 ¼ cups	
*Fresh baby spinach, chopped	5 oz	1 qt	
Worcestershire sauce		1 Tbsp	
Salt		1 ½ tsp	
Ground black pepper		2 tsp	

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

Porcupine Sliders

Meal Components: Meat/Meat Alternate-Grains **Sandwiches F-10r**

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Ground white pepper		¼ 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. 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	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

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
Mature onions	4 oz
Celery	9 oz
Baby spinach	12 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 (40.96 RAE)	Sodium	365.57 mg
Total Fat	9.26 g	Vitamin C	1.56 mg	Dietary Fiber	3.14 g

Porcupine Sliders

Meal Components: Meat/Meat Alternate-Grains **Sandwiches F-10r**

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Water		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: For Child Care Centers cool to 40 °F or lower within 4 hours. For Schools cool to 41 °F or lower within 4 hours.
Brown rice, long grain, regular, dry	9 ½ oz	1 ½ cups	
Canola oil		2 Tbsp	2. Heat oil. Sauté onions, celery, and garlic for 5-7 minutes or until soft. Cover and refrigerate. Critical Control Point: For Child Care Centers cool to 40 °F or lower within 4 hours. For Schools cool to 41 °F or lower within 4 hours.
*Fresh onions, diced	6 oz	1 ¼ cups	
*Fresh celery, diced	14 oz	3 cups	
Fresh garlic, minced	2 ½ oz	¼ cup	
Raw ground turkey, lean	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		2 ½ cups	
Dried cranberries, chopped	12 oz	2 ½ cups	
*Fresh baby spinach, chopped	10 oz	2 qt	
Worcestershire sauce		2 Tbsp	
Salt		1 Tbsp	
Ground black pepper		1 Tbsp 1 tsp	

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

Porcupine Sliders

Meal Components: Meat/Meat Alternate-Grains **Sandwiches F-10r**

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Ground white pepper		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 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)		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.	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	50 servings
Mature onions	8 oz
Celery	1 lb 2 oz
Baby spinach	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 (40.96 RAE)	Sodium	365.57 mg
Total Fat	9.26 g	Vitamin C	1.56 mg	Dietary Fiber	3.14 g

Porcupine Sliders

Meal Components: Meat/Meat Alternate-Grains **Sandwiches F-10r**

Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Water		1 qt 3 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 41 °F or lower within 4 hours.
Brown rice, long grain, regular, dry	1 lb 3 oz	3 cups	
Canola oil		¼ cup	2. Heat oil. Sauté onions, celery, and garlic for 5-7 minutes or until soft. Cover and refrigerate. Critical Control Point: Cool to 41 °F or lower within 4 hours.
*Fresh onions, diced	12 oz	2 ½ cups	
*Fresh celery, diced	1 lb 12 oz	1 qt 2 cups	
Fresh garlic, minced	5 oz	½ cup	
Raw ground turkey, lean	13 lb 15 oz	1 gal 3 qt	3. Combine turkey, eggs, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and onion mixture. Mix well.
Liquid, whole egg		1 qt 1 cup	
Dried cranberries, chopped	1 lb 8 oz	1 qt 1 cup	
*Fresh baby spinach, chopped	1 lb 4 oz	1 gal	
Worcestershire sauce		¼ cup	
Salt		2 Tbsp	
Ground black pepper		2 Tbsp 2 tsp	

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

Porcupine Sliders

Meal Components: Meat/Meat Alternate-Grains **Sandwiches F-10r**

Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Ground white pepper		1 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 100 servings, use 4 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)		100	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.	100 Servings: about 23 lb	100 Servings: 100 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	100 servings
Mature onions	1 lb
Celery	2 lb 4 oz
Baby spinach	3 lb

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 (40.96 RAE)	Sodium	365.57 mg
Total Fat	9.26 g	Vitamin C	1.56 mg	Dietary Fiber	3.14 g