Porcupine Sliders

SOUTH EDUCATION CENTER ALTERNATIVE SCHOOL
Richfield, Minnesota

Our Story

The South Education Center Alternative (SECA) School recipe challenge team put their heads together in the school kitchen, mixing and matching the ingredients to find the perfect blend and created the national cook-off Grand Prize winning Porcupine Sliders.

What exactly are Porcupine Sliders? 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 small whole-wheat rolls. The addition of brown rice to the burger mixture created a prickly look like little porcupines – thus their name.

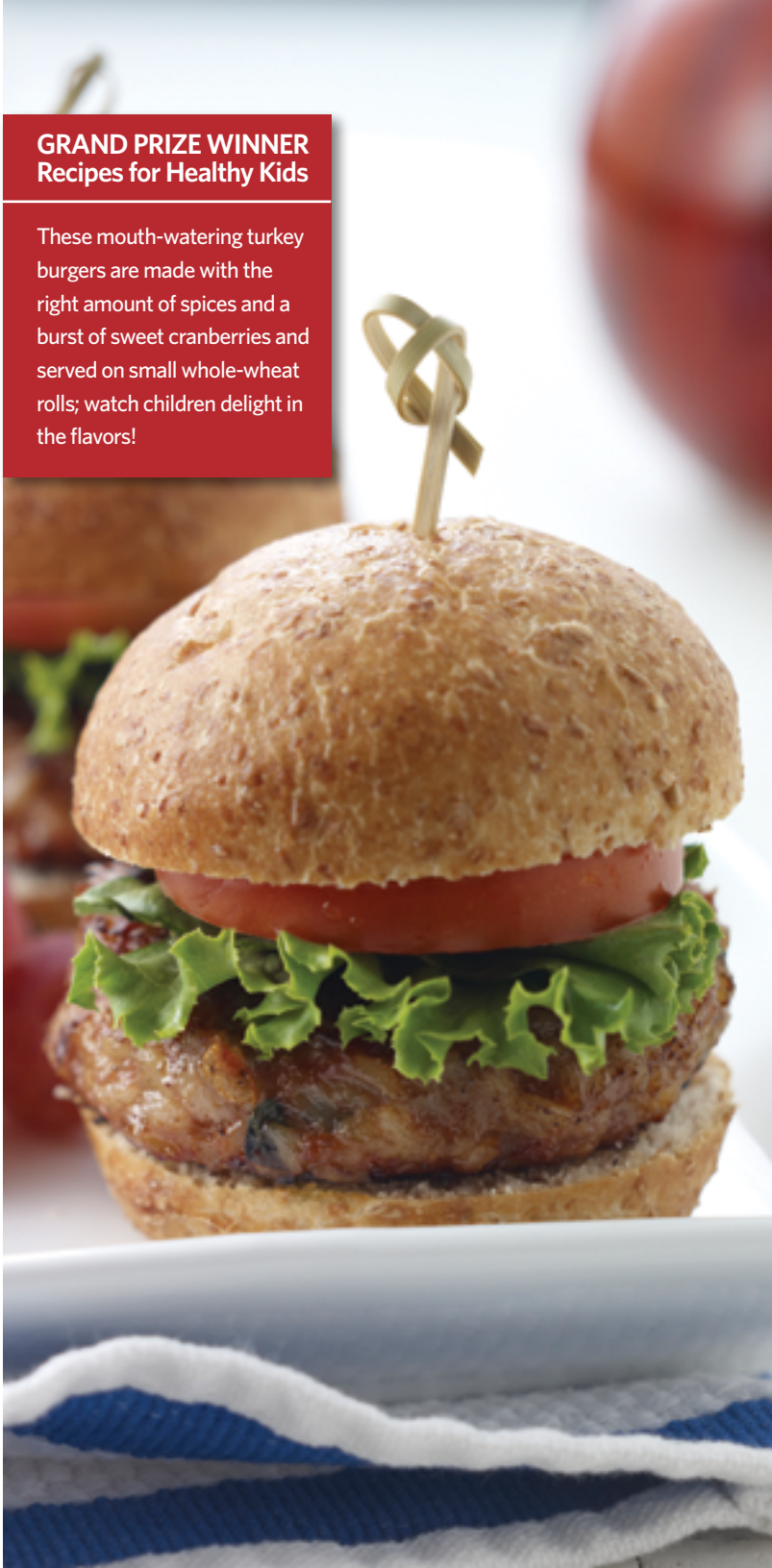
Porcupine Sliders are a delicious, nutritious, and appetizing new way to get kids to eat healthy. The simple ingredients and easy preparation makes them a favorable choice for a quick menu idea that kids will enjoy!

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.

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-wheat rolls; watch children delight in the flavors!



Porcupine Sliders

Ingredients

⅛ cup Brown rice, long-grain, regular, dry

1 tsp Canola oil

1 ½ Tbsp Fresh onion, peeled, diced

¼ cup Fresh celery, diced

1 ½ tsp Fresh garlic, minced

1 lb Raw ground turkey, lean

1 Egg, beaten

5 Tbsp Dried cranberries, chopped

¾ cup Fresh baby spinach, chopped

1 tsp Worcestershire sauce

½ tsp Salt

½ tsp Ground black pepper

1 dash Ground white pepper

6 (1 oz each) Mini whole-wheat rolls (small dinner roll size)

Preparation Time: 30 minutes
Cooking Time: 1 hour 20 minutes
Makes six sliders
1 slider provides 2 oz equivalent meat/meat alternate, and 1 oz equivalent grains.

Directions

1. Preheat oven to 350 °F.

2. Combine brown rice and ½ cup water in a small pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Cover and refrigerate until completely cooled. A rice cooker may be used with the same quantity of brown rice and water.

3. Heat canola oil in a small skillet. Add onions, celery, and garlic. Cook over medium heat for 5 minutes or until tender. Remove from heat. Cover and refrigerate until completely cooled.

4. In a medium mixing bowl, combine turkey, egg, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and sautéed vegetables. Mix well. Shape into 6 patties.

5. Line a large baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place patties evenly spaced on baking sheet.

6. Bake uncovered for 20-25 minutes at 350 °F to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Do not overcook. Remove from oven and serve on a mini whole-wheat roll. Serve immediately.

7. May be served with onion, lettuce, tomatoes, ketchup, and mustard.

Nutrients Per Serving: Calories **247,** Protein **16 g,** Carbohydrate **26 g,** Dietary Fiber **3 g,** Total Fat **9 g,** Saturated Fat **2 g,** Cholesterol **85 mg,** Vitamin A **540 IU (41 RAE),** Vitamin C **2 mg,** Iron **2 mg,** Calcium **65 mg,** Sodium **366 mg**