

# Roast Turkey Panini



## Ingredients

- 1 Tablespoon cream cheese, softened
- Italian seasoning blend (to taste)
- 1 Slice ciabatta bread, cut in half lengthwise & then cut in half
- 2 Tablespoons whole cranberry sauce
- 4 Ounces roasted deli turkey, sliced thin
- 3 Thin slices red onion
- Freshly ground black pepper (to taste)
- Nonstick vegetable cooking spray (as needed)

1. Prepare Panini press/grill pan with nonstick cooking spray and preheat.
2. Season cream cheese with a few dashes of Italian seasoning; spread on one slice of ciabatta bread.
3. On the other slice of bread, spread the cranberry sauce.
4. Layer the roasted turkey slices and onion on top of the cream cheese bread slice, then sprinkle with black pepper.
5. Grill for 3 to 5 minutes or until the bread is golden brown
6. Cut in half, on the diagonal, and serve.

*Serving size: 1 sandwich*

*Approximate Nutrition Information Per Serving: Calories 480; Total Fat 8g; Sat. Fat 5g; Trans Fat 0g; Cholesterol 110mg; Sodium 450mg; Total Carbs 57g; Protein 43g*

**Recipe courtesy of Chef John Strohm of the Palm Springs Koffi restaurant in Palm Springs, CA**

**Minnesota Turkey Research & Promotion Council**

www.minnesotaturkey.com ■ 763/682-2171

**Serving:**  
1

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# Strawberry, Spinach & Turkey Salad



## Ingredients

- 2 Bunches fresh spinach, washed, dried and torn
- 1 Pint fresh strawberries, cleaned, hulled and halved
- 1 Can (8 oz.) mandarin oranges, drained
- 2 Cups cooked turkey breast, cubed
- ½ Cup cashews or walnuts

### *Dressing ingredients:*

- ½ Cup sugar
- 1½ Teaspoon onion, minced
- ¼ Teaspoon Worcestershire sauce
- ¼ Teaspoon paprika
- ¼ Cup cider vinegar
- 1 Teaspoon poppy seed
- 1 Teaspoon sesame seed

1. Assemble “layered” salad: Place spinach in large glass bowl, top with strawberries, then mandarin oranges, turkey and nuts.
2. Just before serving, prepare salad dressing: In blender, place sugar, onion, Worcestershire sauce, paprika, vinegar, poppy seed and sesame seed. Blend thoroughly, then pour over the salad.

*Serving size: 4.6 oz.*

*Approximate Nutrition Information Per Serving: Calories 140; Total Fat 6g; Sat. Fat 1g; Trans Fat 0g; Cholesterol 20mg; Sodium 60mg; Total Carbohydrate 14g; Protein 9g*

**Recipe courtesy of Marie Meschke, Little Falls, MN**



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**Servings:  
12**