



CANADIAN TURKEY

BBQ
BOOTCAMP

GET GRILLING WITH TURKEY!

5 RECIPES TO FIRE UP THE GRILL WITH CANADIAN TURKEY



TASTY. NUTRITIOUS. VERSATILE.



TURKEY SAUSAGE AND RAPINI PASTA

SERVES: 4 | PREP TIME: 10 MINUTES | COOKING TIME: 30 MINUTES

Pasta ingredients:

- 450 gr pasta of your choice
- 3 cloves garlic
- 4 turkey sausages
- 2 bunches rapini
- 4 tbsps olive oil
- ½ cup Parmesan cheese
- 2 tbsps salt for boiling
- salt and pepper to taste
- ½ tsp hot pepper

Tip:

You can make this a 15-minute weeknight meal by making a couple of items ahead of time. You can cook the turkey sausage and rapini in advance and freeze them. On the day you want to serve, just pull out the sausage and rapini in the morning to defrost, make your pasta just before mealtime and then combine for a delicious and quick weekday dinner.

Directions:

- 1 Salt a large pot of water with 1 tbsp salt and bring to boil.
- 2 Prepare rapini by rinsing thoroughly and trimming stems.
- 3 Boil rapini for 5 minutes and remove from water.
- 4 Salt another large pot of water with the other 1 tbsp of salt and cook pasta according to package instructions
- 5 Grill sausages over medium heat until cooked through, 8-10 minutes.
- 6 Heat a frying pan with 2 tbsps olive oil over medium heat.
- 7 Crush garlic.
- 8 Add rapini, salt to taste, pepper, hot pepper and garlic to large frying pan.
- 9 Sauté over medium heat until cooked through, 3-4 minutes.
- 10 Remove from heat.
- 11 Slice up sausages.
- 12 Add pasta, 2 tbsps of olive oil and sausages to rapini mixture.
- 13 Mix thoroughly.
- 14 Top with Parmesan cheese and serve.



FAMILY-STYLE GRILLED TURKEY TACO BAR

SERVES: 4-6 | PREP TIME: 30 MINUTES | COOK TIME: 20 MINUTES

Ingredients:

- 1.5 lbs Canadian turkey thighs
- Salt and pepper to taste
- 1 tsp sweet paprika
- 1 tsp garlic powder
- 1 tsp ground cumin
- 1 large red onion
- 1 large tomato
- 1 avocado
- 2 tbsp crumbled queso fresco or your favourite cheese
- 8 small soft shell tortillas

Topping Options:

- 1 can black beans, rinsed
- ½ cup cooked corn
- 1 cup sliced peppers
- ½ cup shredded cheddar cheese
- ½ cup sour cream
- ½ cup green onions, sliced
- ½ cup cilantro, chopped
- 1 lime, cut into wedges
- ½ cup jalapeños
- ½ cup salsa

Directions:

- 1 Slice the turkey into 1-inch steaks.
- 2 Combine paprika, garlic powder and cumin to make a rub. Season the turkey with the rub and salt and pepper to taste.
- 3 Grill the turkey over medium heat for 8-10 minutes per side, until the turkey is cooked through and registers 165°F (74°C) on a meat thermometer inserted in the thickest part of the meat. (Heat setting and cook time will depend on the power of your BBQ.) Set aside to cool.
- 4 Thinly slice the onion, dice the tomato and slice the avocado.
- 5 To assemble tacos, lay out tortillas.
- 6 Top each with the turkey, a few slices of onion, tomato and avocado.
- 7 Set up toppings in a 'self-serve' manner on the side.

Tip:

This recipe is a great way to get the kids involved in meal prep and eating. Let them set up the toppings station, add in their own favourites and build their own custom tacos themselves.



CANADIAN TURKEY, BACON AND PINEAPPLE SKEWERS

SERVES: 4 | PREP TIME: 30 MINUTES | COOK TIME: 20 MINUTES

Ingredients:

- 2 ½ lbs. Canadian turkey breast
- 2 tbsp olive oil
- Salt and pepper to taste
- 2 large red peppers
- 8 strips of bacon
- 1 cored pineapple

Directions:

- 1 Cut the turkey breast into fairly even 1 ½ inch chunks.
- 2 Season the turkey breast with olive oil and salt and pepper to taste.
- 3 Cut the peppers and pineapple into large 1 ½ inch chunks.
- 4 Cut the bacon strips in half.
- 5 Skewer the bacon, peppers, pineapple and turkey onto skewers, alternating ingredients.
- 6 Grill over medium heat for 20 minutes or until the bacon is crisped and the turkey is cooked through and registers 165°F (74°C) in the thickest part of the meat. (Heat setting and cook time will depend on the power of your BBQ.)
- 7 Once cooked, remove from heat and serve immediately.

Tip:

Make leftovers into a tasty salad the next day by serving over crisp greens and topping with your favourite salad dressing.



GRILLED TURKEY PANZANELLA SALAD

SERVES: 4 | PREP TIME: 20 MINUTES | COOK TIME: 15 MINUTES

Salad:

- 3 thick slices crusty sourdough bread
- 2 cups assorted tomatoes
- 1 cup curly endive or other hearty lettuce
- 1 cup cucumber
- Small handful fresh basil leaves
- 1.5 lbs boneless Canadian turkey breast
- Salt and pepper to season

Dressing:

- 3 tbsp olive oil
- 2 tbsp balsamic vinegar
- ½ cup basil, finely minced
- Salt and pepper to taste

Tip:

You can make the turkey and the bread up to 3 days ahead so you can pull this salad together in no time for a busy weeknight meal or for a last minute weekend BBQ. Store the turkey in an airtight container in the fridge. Store your grilled bread in a separate airtight container.

Directions:

- 1 Combine all dressing ingredients and whisk together. Set aside.
- 2 Season turkey with salt and pepper and slice into 1-inch pieces.
- 3 Grill over medium heat until cooked through and meat reaches an internal temperature of 165°F (74°C). Set aside until cooled.
- 4 Grill bread slices over medium heat until lightly browned on both sides. Tear into bite size pieces.
- 5 Chop tomatoes and cucumbers.
- 6 Wash and chop lettuce.
- 7 Assemble the salad: line a platter or wide bowl with lettuce. Add tomatoes, cucumbers, turkey and bread.
- 8 Top with dressing and fresh basil leaves. Allow dressing to soak into bread and salad for 10 minutes before serving.

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GRILLED TURKEY SAUSAGE AND SUMMER GREENS PIZZA

SERVES: 2-4 | PREP TIME: 25 MINUTES | COOK TIME: 20 MINUTES

Ingredients:

- 2 Canadian turkey sausages, grilled and sliced
- 1 ½ cups cooked Swiss chard and rapini
- 1 medium zucchini, sliced into ribbons
- ½ cup mozzarella, thinly sliced or shredded
- 1 package pre-made pizza dough
- 2 tbsp store-bought pesto
- 5 leaves fresh basil
- Salt and pepper to taste
- 1 tsp red pepper flakes (optional)
- 1 tbsp olive oil (optional)

Directions:

- 1 Bring your pizza dough to room temperature to make it easier to stretch out.
- 2 While your dough is acclimating, prepare all your ingredients so they are on hand.
- 3 Pre-heat your grill to high.
- 4 Generously flour your work surface.
- 5 Stretch your dough out to your desired thickness. Make sure your pizza bottom does not stick to your work surface and can be easily moved.

- 6 Have a pizza stone or griddle on hand. Generously flour.
- 7 Transfer pizza dough to stone or griddle.
- 8 Build your pizza: spread the pesto over the dough, top with greens, zucchini and sausage.
- 9 Top with mozzarella and salt and pepper to taste.
- 10 Cook for 10 – 20 minutes, until pizza crust is browned, toppings are browned and cheese is melted and bubbly. Note that cooking times will vary depending on the strength of your BBQ and the thickness of the dough.
- 11 Remove the pizza from the BBQ and let rest for 5 minutes.
- 12 Sprinkle with fresh basil leaves.
- 13 Top with red pepper flakes and olive oil (optional).
- 14 Slice and serve.

Tip:

You can also make this pizza with leftover turkey breast or turkey thigh meat. Just substitute for the turkey sausage and follow the directions as listed.