

Eat  
Well



## CRUNCHY TURKEY FINGERS WITH OVEN FRIES

This tasty recipe is a fun finger food for kids. Using high-fibre breakfast cereal adds the right amount of crunch to the turkey fingers.

Prep  
Time 15 min

Cook  
Time 30 min

Makes 6  
Servings

- 1 boneless skinless turkey breast, about 600 g/ 1 1/4 lb
- 15 mL (1 tbsp) Dijon or yellow mustard
- 5 mL (1 tsp) canola oil
- 500 mL (2 cups) bran flakes
- 30 mL (2 tbsp) grated Parmesan cheese
- 5 mL (1 tsp) Italian herb seasoning or dried oregano leaves

### Oven Fries:

- 1 sweet potato, peeled and cut into strips
- 2 parsnips, peeled and cut into strips
- 5 mL (1 tsp) canola oil
- 2 mL (1/2 tsp) chili powder

**1.** Cut turkey breast into finger size strips and place in a bowl. Add mustard and oil and, using your hands, coat turkey fingers evenly.

**2.** Place bran flakes into a large re-sealable bag and crush to look like breadcrumbs. Add cheese and seasoning. Add turkey fingers to bag, one at a time, and shake to coat. Place coated turkey onto parchment paper lined baking sheet. Repeat with all the turkey fingers; set aside.

**3.** Oven Fries: In a large bowl, combine sweet potato and parsnip strips. Add oil and chili powder and toss to coat evenly. On a second parchment paper lined baking sheet, spread fries in a single layer onto sheet.

**4.** Place fries in bottom third of preheated 220°C (425°F) oven for 15 minutes. Move fries to top third of oven and place turkey fingers on bottom third of oven for 15 minutes.\*

\* Use a digital food thermometer to check that turkey has reached an internal temperature of 74°C (165°F).

### NUTRIENTS PER SERVING

% DV

Calories	227	-
Fat	5 g	7 %
Saturated + Trans	1 g	7 %
	0 g	-
Cholesterol	53 mg	-
Sodium	196 mg	8 %
Carbohydrate	22 g	7 %
Fibre	4 g	16 %
Sugars	5 g	-
Protein	25 g	-
Vitamin A	-	41 %
Vitamin C	-	17 %
Calcium	-	6 %
Iron	-	22 %



### TIPS

- Ask little chefs to help peel the vegetables using a peeler.
- Make a double batch of the turkey fingers and freeze for those hectic weekdays.
- Change it up – try chicken or lean pork instead of turkey.
- Switch up the herbs and try dried parsley, basil or thyme. If you have fresh herbs, just chop finely and use twice as much.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.