

Crunchy turkey fingers with oven fries

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



 Kid-friendly

 **PREP TIME**
15 min

 **COOK TIME**
30 min

 **SERVINGS**
6

Ingredients

- 1 boneless skinless turkey breast, about 600 g/ 1¼ 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

Directions

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 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).

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.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

Recipe developed by Emily Richards, P.H. EC for the Heart and Stroke Foundation.
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