

Turkey Tikka

Component: Meat/Meat Alternate

Main Dish

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Turkey, boneless, fresh or frozen, raw OR Turkey, cooked servings from recipe	9 lb OR				<ol style="list-style-type: none"> 1. If using raw turkey, cook the turkey until it reaches an internal temperature of 165°F or above for 15 seconds. Set aside until step 4. 2. Preheat convection oven to 350 °F or conventional oven to 375 degrees F. 3. Bring tomatoes and their juice, tomato sauce, cumin, curry powder, paprika, turmeric, onion powder, pepper, garlic, salt, and cinnamon to a simmer in a large pot over medium heat. Simmer for 15 minutes. Remove from heat. Stir in yogurt until smooth. 4. Place cooked turkey in hotel pan(s). Divide the sauce evenly between pans. Stir to coat the turkey with the sauce. 5. Cover and bake until the internal temperature reaches 165°F or above for 15 seconds. This should take around 30-45 minutes.
Diced tomatoes, canned, low-sodium (undrained)		67 serving 1 #10 can			
Tomato sauce, no salt added		1 qt + 2 ¼ cups			
Ground cumin		¼ cup			
Curry powder		¼ cup			
Paprika		2 Tbsp			
Ground turmeric		2 Tbsp			
Onion powder		1 Tbsp			
Ground black pepper		1 Tbsp			
Garlic powder		1 tsp			
Salt, omit if low sodium diced tomatoes are not available		1 ½ tsp			
Ground cinnamon		1 tsp			
Yogurt, plain, low-fat	2 lb	1 qt			

Turkey Tikka

Component: Meat/Meat Alternate

Main Dish

Notes:

Nutrients calculated using Food Processor.



Serving: ½ cup equals 2 oz meat

1-2 years: ¼ cup

3-5 years: 3/8 cup

6-18 years: 1/2 cup

Nutrients Per Serving

Calories	144.88 kcal	Saturated Fat	0.18 g	Iron	0.98 mg
Protein	26.11 g	Cholesterol	39.60 mg	Calcium	40.63 mg
Carbohydrate	8.16 g	Vitamin A-RAE	16.84 mcg	Sodium	319.45 mg
Total Fat	1.41 g	Vitamin C	4.74 mg	Dietary Fiber	1.62 g