



# Turkey & Cheddar Sliders



1-800-WIC-1007

## Ingredients

4 cups baby spinach, chopped  
4 scallions, thinly sliced  
1 garlic clove, minced  
1 pound ground turkey  
¾ teaspoon cumin

Pinch of salt & pepper  
2-3 tablespoons olive oil  
4 tablespoons shredded cheddar cheese  
1 tomato, thinly sliced  
Slider buns or whole wheat toast

## Directions

1. Combine the spinach, scallions, garlic, turkey, cumin, salt, and pepper in a mixing bowl.  
Use a fork to gently combine the ingredients.
2. Heat a large skillet on medium while you form the turkey mixture into about 12 patties, each ½” thick.
3. Add the olive oil to the pan and carefully cook the patties, being careful not to overcrowd the pan.  
Work in batches and cook them for about 5 minutes on each side, until the patties are golden brown.  
Try not to push down on the sliders while cooking; it may cause them to fall apart.
4. Use a thermometer to check that the sliders have reached an internal temperature of 165° F.  
Transfer to a plate and top patties with a sprinkle of cheddar cheese. Cover the plate with tin foil to melt the cheese.
5. Serve sliders on a bun or toast with sliced tomato.

Serves: 4 • Serving Size: 3 patties • Prep time: 10 minutes • Cook time: 15 minutes

This institution is an equal opportunity provider.

## Chef Tips

1. Use lean ground beef instead of ground turkey
2. Use frozen spinach – simply defrost ahead of time and squeeze to remove excess moisture
3. Add chopped fresh herbs such as oregano to the mixture
4. Substitute curry for cumin
5. Experiment with different types of cheeses
6. Serve over brown rice with salad for an even healthier option

## Supplies

- Measuring cups & spoons
- Mixing bowl
- Knife & cutting board
- Fork or spoon (for mixing)
- Large skillet
- Spatula
- Thermometer
- Tin foil
- Plate



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*Nutrition Facts Per Serving: 421 Calories, 15 g Fat, 40 g Carbohydrate, 35 g Protein, 498 mg Sodium*