

# 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	  67 serving			<ol style="list-style-type: none"> <li>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.</li> <li>2. Preheat convection oven to 350 °F or conventional oven to 375 degrees F.</li> <li>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.</li> <li>4. Place cooked turkey in hotel pan(s). Divide the sauce evenly between pans. Stir to coat the turkey with the sauce.</li> <li>5. Cover and bake until the internal temperature reaches 165°F or above for 15 seconds. This should take around 30-45 minutes.</li> </ol>
Diced tomatoes, canned, low-sodium (undrained)		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			

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## 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

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