

## PORCUPINE SLIDERS

Preparation Time: 1 ½ hours  
Servings: 6 (1 slider per serving)

### INGREDIENTS

1/8 cup uncooked, long grain brown rice  
1 ½ Tbsp chopped onion (1/3 of a small onion)  
¼ cup chopped celery (1 stalk)  
1 ½ tsp minced garlic (1 whole clove)  
1 tsp canola oil  
1 lb lean ground turkey  
1 egg, beaten  
2 ½ Tbsp chopped dried cranberries (about ¼ of a 5 oz bag)  
¾ cup chopped, fresh baby spinach (1/3 of a 6 oz bag)  
1 tsp Worcestershire sauce  
½ tsp salt  
½ tsp black pepper  
1 dash white pepper  
6 (1 oz.) whole grain rolls (small dinner roll size)



### DIRECTIONS

1. Begin by cooking rice first. In small pot combine rice with ½ cup of water and bring to a boil. Turn heat down to low and simmer uncovered until water is completely absorbed, usually 30-40 minutes. Remove from heat and let sit, covered, for 10 minutes. Fluff with a fork. A rice cooker may be used with the same water-to-rice ratio. Cool to a temperature of 40 degrees. Set aside ¼ cup cooked rice for recipe.
2. Preheat oven to 350°F.
3. Dice onions and celery into ¼-inch pieces.
4. In medium skillet, sauté onions and celery until they become soft. Remove from heat and refrigerate to cool to a temperature of 40°F. While onions and celery are cooling prepare remaining ingredients.
5. In a bowl mix garlic, oil, ground turkey, egg, dried cranberries, Worcestershire sauce, chopped spinach, salt, peppers, rice, and sautéed vegetables. Mix well. Shape in to 6 patties. Place on baking sheet that has been sprayed with a non stick spray. Refrigerate at a temperature of 40°F if you are not going to bake immediately.
6. Bake sliders for 18 minutes or until they reach an internal temperature of 165°F. Remove from oven and serve on a mini whole grain roll.
7. Garnish with onions, lettuce, tomatoes, ketchup and mustard.