

# Duck for Turkey Day



## PROTEIN LESSON

Recipes to try at home

# CREATE

FOOD, FUN & READING

Cultural Adventure

### Meatballs Lollipop

Serves: 20-30

#### Ingredients:

- Frozen Meatballs (they come in ground beef but also look for ground turkey or chicken)
- Pretzel sticks or crisp breadsticks (for lollipop sticks)
- Dipping sauce of choice (mustard, ketchup, BBQ sauce, etc.)

\*Many ketchups and bbq sauces are very high in added sugar. Look at ingredients before purchasing - usually a "natural" ketchup will have less sugar.

#### Instructions:

1. Cook meatballs according to package instructions.
2. Once cool enough to handle, poke a pretzel or breadstick into the center of the meatball.
3. Enjoy with the sauce of your choice



### Tofu Nuggets

Serves: 5

#### Ingredients:

- Extra Firm tofu
- 1/2 cup milk
- 1 1/2 tablespoons cornstarch
- 1/4 teaspoon salt

#### Breading ingredients:

- 1 cup panko breadcrumbs
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon salt



#### Instructions:

1. Preheat the oven to 400 degrees F and line a large baking sheet with parchment paper.
2. In a small bowl, add the milk, and cornstarch, 1/4 teaspoon salt. Whisk well to combine, then set aside until the tofu is ready.
3. In another small bowl, combine the breadcrumbs, garlic powder, smoked paprika and 1/4 teaspoon salt. Set aside.
4. Slice the tofu in half lengthwise, then into equal sized cubes.
5. Coat each tofu cube in the wet ingredients, then into the breadcrumb mixture. Pat with the breadcrumb mixture to get as much as possible on the tofu. Place on the prepared baking sheet with parchment paper.
6. Bake for 15 minutes, then flip the pieces and bake for 15 more minutes, until golden and crispy. Serve immediately with dipping sauce of choice and enjoy!

Extension

UtahStateUniversity.



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