

## Balsamic Glazed Turkey with Peppers



### Equipment

- Measuring spoons and cups
- Mixing Bowl
- Chef's Knife/Cutting Board
- ½ size- 2" deep production pans
- Bulk Retherm Cart (or regular oven) or Tray Service Retherm Cart

### Recipe Rating

Total Time	65 Minutes
Cooking Time	55 minutes
Total Labour	10 Minutes
Knife Skills	Basic

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### Nutrition Facts Valeur nutritive

Per 1 serv (198g) / par 1 serv (198g)

Amount Teneur	% Daily Value % valeur quotidienne
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**Calories / Calories** 180

**Fat / Lipides** 3.5g **5%**

Saturated / satures 1g

+ Trans / trans 0g **4%**

**Cholesterol / Cholesterol** 40mg

**Sodium / Sodium** 160mg **7%**

**Carbohydrate / Glucides** 10g **3%**

Fibre / Fibres 3g **13%**

Sugars / Sucres 6g

**Protein / Proteines** 26g




Vitamin A / Vitamine A 0%

Vitamin C / Vitamine C 130%

Calcium / Calcium 4%

Iron / Fer 15%

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Turkey strips, cooked	750 grams	26.7 oz.	1.5 kg	52.9 oz.
Oil, Olive	45 mL	1.6 oz.	90 mL	3.2 oz.
Peppers, mixture, julienned	500 grams	17.6 oz.	1 kg	35.7 oz.
Onion, finely diced	250 grams	8.8 oz.	500 grams	17.9 oz.
Thyme	8 grams	0.3 oz.	16 grams	0.6 oz.
Vinegar, Balsamic	75 mL	2.6 oz.	150 mL	5.3 oz.
Salt	5 grams	0.2 oz.	10 grams	0.4 oz.
Pepper, Black	3 grams	0.1 oz.	6 grams	0.2 oz.

Method	
	1. Cut both the onion and peppers and place with turkey strips in a bowl
	2. Place all of the herbs, oil, and vinegar together and mix with vegetables and meat
	3. Place into a ½ size-2" deep production pan and cover with plastic wrap and aluminum foil. Place pan in Multigen for 55 minutes to cook.
	4. <b>Bulk:</b> remove from Multigen and serve with a starch side dish. <b>Cold Plating:</b> Place on a plate from step #2 and cover and place in retherm prior to service to heat (For best results add some of the vinegar sauce to the casserole heating dish)
Garnish: n/a	
Food Accompany: Rice	