

Turkey Croquettes

Honeysuckle White, a division of Cargill

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Servings: 6

3 cups Honeysuckle White Whole Turkey (leftover meat), finely chopped

1 1/2 cups seasoned bread crumbs, dry

2 eggs, lightly beaten

2 cups onion, chopped

1 tablespoon fresh parsley, chopped

salt (to taste)

pepper (to taste)

In a lightly oiled skillet, saute' the onion until softened.

In a large bowl, combine the turkey, bread crumbs, two eggs and the onion. Mix well. If the mixture is too dry to form patties, mix in another lightly beaten egg.

Add the parsley, salt and pepper to taste. Mix well and form into small patties.

Heat oil in a large skillet over medium heat and fry the croquette patties in oil until golden brown.

Per Serving (excluding unknown items): 155 Calories; 3g Fat (14.7% calories from fat); 7g Protein; 26g Carbohydrate; 2g Dietary Fiber; 71mg Cholesterol; 820mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1/2 Fat.