



Maple French Toast With Fennel Turkey Sausage USDA Recipe for CACFP

Make it a good day with Maple French Toast With Fennel Turkey Sausage. Aromatic spices compliment lean breakfast turkey that is baked into faintly sweetened whole grain bread then drizzled with maple syrup.

CACFP CREDITING INFORMATION

1 piece provides 2 oz equivalent meat/meat alternate and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		1 Tbsp		2 Tbsp	1 Heat oil in a large stock pot. 2 Add turkey, applesauce, salt, cayenne pepper, sage, red pepper flakes, coriander, garlic powder, and onion powder and fennel seeds. Cook uncovered over medium-high heat for 10 minutes.
Raw ground turkey breast (no more than 15% fat)	1 lb 12 oz	3½ cups	3 lb 8 oz	1 qt 3 cups	
Canned applesauce, unsweetened	3 oz	3 Tbsp (approx. ¼ No. 10 can)	6 oz	¼ cup 2 Tbsp (approx. ½ No. 10 can)	
Salt		1 tsp		2 tsp	
Cayenne pepper		¼ tsp		½ tsp	

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	Weight	Measure	Weight	Measure	
Ground sage		½ tsp		1 tsp	
Red pepper flakes		¼ tsp		½ tsp	
Coriander seeds, whole		2½ tsp		1 Tbsp 2 tsp	
Garlic powder		½ tsp		1 tsp	
Onion powder		½ tsp		1 tsp	
Fennel seeds, whole		1½ tsp		1 Tbsp	
					3 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					4 Remove turkey from heat. Drain turkey in a colander. Set aside for step 8.
Frozen whole eggs, thawed	1 lb 7½ oz	2¾ cups	2 lb 15 oz	1 qt 1½ cups	5 Combine eggs, milk, sugar, salt, vanilla extract, and cinnamon in a large bowl. Stir well.
Frozen egg whites, thawed	4½ oz	½ cup 1 Tbsp	9 oz	1 cup 2 Tbsp	
Low-fat (1%) milk		3 cups		1 qt 2 cups	
Sugar	5 oz	½ cup 2 Tbsp	10 oz	1¼ cups	
Salt		⅛ tsp		¼ tsp	
Vanilla extract		2 tsp		1 Tbsp 1 tsp	
Ground cinnamon		1 tsp		2 tsp	
Whole-grain bread, slices	1 lb 10½ oz	17⅔ slices	3 lb 5 oz	35⅓ slices	6 Add bread while breaking slices into small pieces. Stir well.



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					7 Allow to set for 30 minutes to 1 hour. Bread should be soft and broken up completely.
					8 Add turkey. Stir well.
					9 Pour 2 qt (about 4 lb 4 oz) turkey mixture into a steam table pan (12" x 20" x 2½") lightly coated with pan-release spray. Spread evenly. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Maple syrup		¾ cup		1½ cups	10 Pour ¾ cup (about 6 oz) maple syrup over each pan in a swirling motion.
					11 Bake: Conventional oven: 400 °F for 25–35 minutes. Convection oven: 350 °F for 20–25 minutes.
					12 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					13 Critical Control Point: Hold for hot service at 140 °F or higher.
					14 Allow to rest for 20 minutes before cutting.
					15 Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (about 2" x 3¾" square).



NUTRITION INFORMATION

For 1 piece.

NUTRIENTS	AMOUNT
Calories	213
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Total Fat	5 g
Saturated Fat	1 g
Cholesterol	112 mg
Sodium	290 mg
Total Carbohydrate	28 g
Dietary Fiber	2 g
Total Sugars	15 g
Added Sugars included	N/A
Protein	14 g
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Vitamin D	34 IU
Calcium	98 mg
Iron	1 mg
Potassium	135 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

NOTES

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 4 lb 8½ oz	About 9 lb 1 oz
About 2 qt 1⅛ cups/1 steam table pan (12" x 20" x 2½")	About 1 gal 2⅛ cups/2 steam table pans (12" x 20" x 2½")