



Sriracha Turkey Polenta Sliders by Food4fuel_fit4life

Ingredients

Polenta

Italian polenta, 3 1/2-inch thick with sides trimmed down
Grape seed oil, 1 tsp
Ghee, 1/2 tbsp
Salt and pepper to taste

Turkey Sliders

Ground turkey 6 oz.
Mushroom 1 diced
Sliced green onion white end only 1
Sriracha 1 tbsp
Onion powder 1/4 tsp
Salt and pepper to taste

Toppings

Asparagus spears (tops cut off and bottoms sliced) 3
Sriracha 1 tbsp
Grapeseed oil 1 tsp

Directions

1. Preheat oven to 400 degrees F.
2. Combine all turkey ingredients in medium bowl and form 3 slider patties. Cook in oven for about 25-30 minutes.
3. Melt ghee and 1 teaspoon grapeseed oil in saucepan over medium-high heat.
4. Cut polenta into 1/2-inch-thick slices, and trim sides down. Place in saucepan, and season with salt and pepper.
5. Cook polenta until crispy on bottom, then flip, cooking until crispy on other side. Remove from the pan and place on paper towel. In same pan, fry asparagus tops until tender.
6. To layer, start with polenta pieces on bottom, add Sriracha sauce on top, then add

turkey slider, and top with more Sriracha and tops of asparagus spears. Sprinkle plate with chopped asparagus and drizzle Sriracha and remaining teaspoon of grapeseed oil over the top. Enjoy!

Nutrition Facts

Serving size: 1 slider

Recipe yields 3 sliders

Calories 160

Fat 10 g

Carbs 7 g

Protein 11 g