

LEMON N' HERB TURKEY FILLETS

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
280 cal	12 g	36 g	9 g	134 mg	255 mg	58 mg

Ingredient

TURKEY,BREAST,FILLET
 BREADCRUMBS
 MARGARINE
 SEASONING,LEMON N' HERB
 PEPPER,BLACK,GROUND
 BASIL,DRIED,CRUSHED
 OREGANO,CRUSHED
 EGGS,WHOLE,FROZEN
 COOKING SPRAY,NONSTICK

Weight

31-1/4 lbs
 4-1/2 lbs
 1-3/4 lbs
 3-5/8 oz
 1-3/4 oz
 5/8 oz
 5/8 oz
 2-1/4 lbs
 1 oz

Measure

1 gal 3/4 qts
 3-1/2 cup
 3/4 cup
 1/2 cup
 1/4 cup 1/3 tbsp
 1/4 cup 1/3 tbsp
 1 qts 1/4 cup
 2 tbsp

Issue

Method

- 1 Wash turkey fillets thoroughly under cold running water. Drain well.
- 2 Combine breadcrumbs, lemon n' herb seasoning, pepper, basil, oregano and margarine. Mix well.
- 3 Dip turkey fillets in eggs, then in crumb mixture. Shake off excess.
- 4 Lightly spray each sheet pan with non-stick cooking spray. Place 17 fillets on each sheet pan.
- 5 Using a convection oven, bake 18 to 20 minutes at 325 F. on high fan, open vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Transfer and shingle turkey fillets in steam table pans. CCP: Hold for service at 140 F. or higher.