



The Kitchen at Second Harvest Open Faced Turkey Melts try at home recipe

Recipe modified from [SkinnyTaste.com](#)

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Ingredients

- 8 ounces chopped cooked turkey breast
- 1/4 cup celery, sliced
- 3 tablespoons light mayonnaise
- 2 tablespoons dried cranberries
- 1 tablespoon red onion, chopped
- 4 slices thin sliced multi-grain bread, lightly toasted
- 4 ounces light Havarti cheese, sliced

Directions

1. Heat broiler over high, with rack in the second position about 6 inches from the flame. Line a half-sheet pan with non-stick foil.
2. In a medium bowl combine the turkey with celery, mayonnaise, cranberries and red onion, and stir until combined.
3. Arrange the toasted bread on a baking sheet and divide the turkey salad evenly among slices, then top each with 1 ounce of cheese.
4. Broil about 6 inches from the flame until the cheese is golden and bubbling, about 2 to 3 minutes, keeping a close eye on it to avoid burning.

Yield: 4 servings

Serving Size: 1 sandwich



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and ways to get involved!



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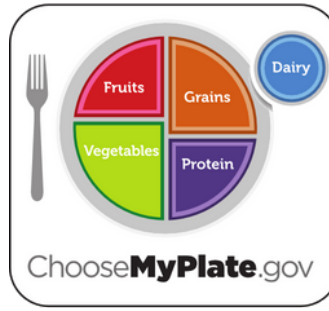


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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Protein includes all foods made from seafood; meat, poultry, and eggs; beans, peas, lentils; and nuts, seeds, and soy products. Beans, peas, and lentils are also part of the Vegetable Group.



Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

Cooking Tips

- Use up leftover gravy, stuffing, and vegetables.

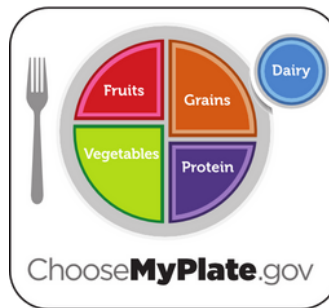
Second Harvest is an equal opportunity provider.



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Nutrition Facts

Nutrition Facts	
4 servings per container	
Serving size	1 sandwich
Amount Per Serving	
Calories	380
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 8.5g	43%
Trans Fat 0.3g	
Cholesterol 75mg	25%
Sodium 480mg	21%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 9g Added Sugars	18%
Protein 27g	54%
Vitamin D 0.2mcg	0%
Calcium 195mg	15%
Iron 1.98mg	10%
Potassium 235mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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