



Turkey Smoked Sausage Recipes



Turkey Smoked Sausage White Bean Ragout
with Balsamic Glazed Peppers

10 New Wellness Recipes – All under 400 calories

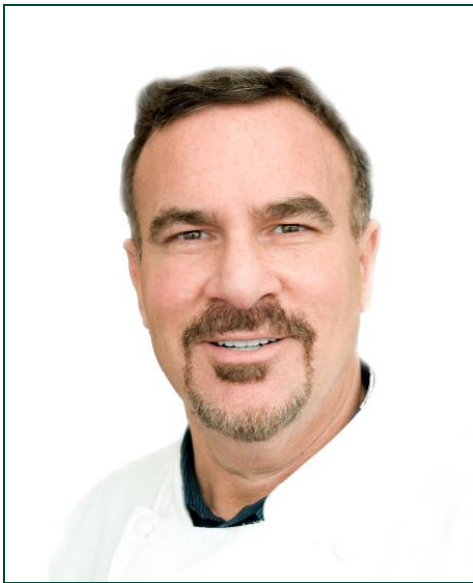
Delicious Meets Nutritious

These recipes were developed by our culinary and nutritional experts to deliver exceptional, on-trend taste within the following guidelines:

- No more than 400 calories
- Total Fat: A maximum of 30% of calories
- Saturated Fat: A maximum of 7% of calories
- Trans Fat: 0g
- Sodium: 900mg
- Fiber: Greater than 2g

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SENIOR EXECUTIVE CHEF,
SARA LEE FOODSERVICE



- Graduate of the Culinary Institute of America
- Former Manager/Director of Food Services in business and campus dining
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- Former director for Nutrition and Hospitality Services, University of Texas Southwestern University Hospitals
- Member of The American Dietetic Association, The Texas Dietetic Association and The Association for Healthcare Foodservice (AHF)
- 1998 IFMA Silver Plate Award Winner

Turkey Smoked Sausage Whole Wheat Flatbread Pizza with Balsamic Caramelized Onions & Fennel

Makes 12 pizzas, 6-7"

Ingredients	Amounts
Pizza dough, whole wheat	36 oz
Roma tomatoes, cored, sliced thin 6 cut/each	12 tomatoes/ 72 slices
Black pepper, fresh cracked	1 1/2 tsp
Hillshire Farm® Endless Turkey Smoked Sausage, sliced thin, cut in half circles	12 oz
Balsamic Caramelized Onion and Fennel	18 oz
Goat cheese	3 oz
Fresh basil chiffonade	1 1/2 oz



Directions:

1. Stretch 3 oz of whole wheat pizza crust out to about a 6-7 inch round.
2. Line crust with 6 tomato slices to cover crust.
3. Sprinkle pinch of cracked black pepper over the top.
4. Arrange 1 oz of the sausage on top of tomatoes.
5. Add 1 1/2 oz of Balsamic Caramelized Onion & Fennel mixture.
6. Crumble 1/4 oz of goat cheese over pizza.
7. Bake in hot oven at 400 °F until crisp around the edges and center of dough is done, about 10-15 minutes.
8. Top pizza with 1/8 oz of fresh basil chiffonade.
9. Pizza makes an individual serving and can be cut in four slices or served whole.

Balsamic Caramelized Onion & Fennel

Ingredients	Amounts
Olive oil	1 tsp
Red onions, peeled, julienned	12 oz
Fresh fennel, bulb, julienned	6 oz
Chicken broth, low fat, low sodium (less than 150 mg sodium/cup)	8 fl oz
Balsamic vinegar	4 fl oz
Black pepper, fresh cracked	1 tsp

Directions:

1. Heat oil in sauté pan over medium-high heat.
2. Add onions and fennel to pan and cook until translucent, about 10 minutes.
3. Add stock, vinegar and black pepper and cook until liquid is evaporated but vegetables are not burned.
4. Use immediately, or cover and refrigerate until ready to use.

Sara Lee Products:

Hillshire Farm® Endless Turkey Smoked Sausage 09402

Calories	% Calories from Fat	Fat (g)	Sat Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
300	23	8	2.5	7	0	25	740	45	6	8	14

Turkey Smoked Sausage, Pepper & Onion Quesadilla with Roasted Corn Relish

Makes 12 servings

Ingredients	Amounts
Black bean puree	12 oz
Tortillas, whole wheat, 8"	12 each
Cheese, queso fresco, crumbled	6 oz
Corn oil	1 Tbsp
White onion, peeled, julienned	12 oz
Red pepper, core and stem removed, julienned	8 oz
Green pepper, core and stem removed, julienned	8 oz
Hillshire Farm® Endless Turkey Smoked Sausage, cut in half and into thin crescent slices	18 oz



Directions:

1. Spread 1 oz bean puree on tortillas to cover, leaving about 1/4" of edge clean.
2. Place tortillas on hot flat top griddle that has been coated with pan release spray.
3. Sprinkle each tortilla with cheese, about 1/2 oz.
4. Place oil, onions, peppers and sausage on hot flat top and sauté until vegetables are tender and sausage is heated through.
5. Place 1 1/2 oz of hot sausage on half of the tortilla and top with 2 oz of the onion and pepper mixture.
6. Fold other half of tortilla over to cover mixture. Press top with spatula to seal tortillas with the filling and beans. Flip and continue to grill until heated through.
7. Remove from griddle and cut into 3 pieces.
8. Serve with 2 oz of Roasted Corn Relish.

Roasted Corn Relish

Ingredients	Amounts
Corn kernels, roasted and cooled	12 oz
Red onions, peeled, diced 1/4"	6 oz
Roma tomato, diced 1/4"	6 oz
Jalapeño pepper, cored, seeded, minced	1 1/2 oz
Fresh cilantro, chopped	1/3 cup
Lime juice	1 fl oz

Directions:

1. Combine all ingredients in bowl and toss to blend.
2. Cover and refrigerate until ready to serve.

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Calories	% Calories from Fat	Fat (g)	Sat Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
320	26	9	1.5	5	0	30	642	42	6	7	16

Turkey Smoked Sausage, Red Bean & Brown Rice Soup

Makes 12 servings

Ingredients	Amounts
Olive oil	1 Tbsp
White onion, diced 1/4"	8 oz
Fresh green bell pepper, diced 1/4"	4 oz
Fresh celery, diced 1/4"	4 oz
Fresh garlic, minced	2 Tbsp
Black pepper, coarsely ground	1 tsp
Kosher salt	1 tsp
Cayenne pepper, ground	1 tsp
Paprika, ground	2 tsp
Dried oregano, whole leaf	2 tsp
Dried thyme	1 tsp
Dried basil, whole leaf	2 tsp
Chicken broth, low sodium (less than 150mg sodium/cup)	60 fl oz
Red beans, canned, well rinsed, drained	20 oz
Hillshire Farm® Endless Turkey Smoked Sausage, cut in half, sliced thin	12 oz
Brown basmati rice, cooked	10 oz
Green onions, diced	3 oz



Directions:

1. Heat oil in heavy-duty pot over medium heat.
2. Add onion, bell pepper and celery and sweat until tender.
3. Add garlic sweat for 2 minutes.
4. Add seasonings and allow to cook for 3-5 minutes.
5. Add broth, beans and sausage and bring to a simmer for 10-15 minutes.
6. Add brown rice, return to simmer; remove from heat and place in soup warmer for service.
7. Ladle 8 oz of soup into a bowl.
8. Garnish with diced green onions, about 1/4 oz per bowl.

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Hillshire Farm® Endless Turkey Smoked Sausage 09402

Calories	% Calories from Fat	Fat (g)	Sat Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
160	27	4.5	1	6	0	35	570	18	4	3	11

Smoked Turkey Sausage, Potato & Mushroom Breakfast Strudel with Fresh Grape Relish

Makes 12 servings

Ingredients	Amounts
Raw red potatoes, diced 1/4"	10 oz
Fresh thyme, chopped	1 tsp
Fresh flat leaf parsley, chopped	1 Tbsp
Fresh chives, snipped	1 Tbsp
Kosher salt	1/2 tsp
White pepper, ground	1 Tbsp
Olive oil	1 fl oz
White button mushrooms, stem removed, chopped	12 oz
White onions, diced 1/4"	4 oz
Fresh garlic, minced	1 Tbsp
Egg whites, liquid	32 fl oz
Hillshire Farm® Endless Turkey Smoked Sausage, diced 1/4"	12 oz
Phyllo dough	12 sheets



Directions:

1. Steam or boil potatoes until al dente. Drain, removing all liquid.
2. Add the herbs, seasonings and mix together. Refrigerate until ready to use.
3. Heat a sauté pan with the olive oil and place mushrooms in medium hot pan. Sauté about 5-6 minutes, add onion, sauté an additional 5-6 minutes and add garlic. Sauté for additional 1-2 minutes until the pan is dry.
4. Remove from heat and allow to cool slightly.
5. Add mushroom mixture to potatoes. Mix together, cover and refrigerate until ready to prepare strudel.
6. In a non-stick skillet scramble the egg whites until firmly cooked. Place on top of potatoes and vegetables and add sausage. Fold all ingredients together.
7. Layer six sheets of phyllo dough for each strudel, spraying pan release spray between each sheet. Work quickly with dough so that it does not dry out, and keep covered until ready to use.
8. Spoon half of the potato-mushroom mixture in a row at one end of the phyllo dough. To roll strudel, fold side in toward the middle and roll it up tightly.
9. Spray the ends with vegetable spray to seal them, then tuck ends under the roll.
10. Repeat for second strudel.
11. Place seam side down on a sheet pan and bake in a hot 400°F convection oven for 10-15 minutes or until the phyllo dough is crisp and brown. Remove from oven. To avoid splitting of the dough, be sure oven is hot prior to baking.
12. Allow to rest for a few minutes, then slice at an angle into 6 slices per strudel and serve with 1 oz of Fresh Grape Relish.

See reverse for Fresh Grape Relish recipe.

Sara Lee Products:

Hillshire Farm® Endless Turkey Smoked Sausage 09402

Calories	% Calories from Fat	Fat (g)	Sat Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
200	24	6	1	5	0	20	560	24	2	6	15

Ingredients	Amounts
Seedless red grapes, rough chopped or cut in halves	3 oz
Seedless green grapes, rough chopped or cut in halves	3 oz
Seedless black grapes, rough chopped or cut in halves	3 oz
Red pepper	1 1/2 oz
Yellow pepper	1 1/2 oz
Cilantro, chopped	3 Tbsp
Lime juice	1 fl oz

**Directions:**

1. Combine all ingredients in bowl and toss to blend.
2. Refrigerate until ready to serve.
3. Serve 1 oz of relish with each slice of breakfast strudel.

Turkey Smoked Sausage & Cinnamon Apple Compote with Pumpkin Spice Pancakes

Makes 12 servings

Ingredients	Amounts
Butter, unsalted	1 Tbsp
Cinnamon sticks	2 ea
Fresh apples, peeled, cored, 1/8 cut	18 oz
Apple juice, 100%	30 fl oz
Honey	3 Tbsp
Molasses	3 Tbsp
Cornstarch or arrowroot starch	2 1/2 Tbsp
Hillshire Farm® Endless Turkey Smoked Sausage Rope, cut in half, thin slice	12 oz



Directions:

1. Heat butter in sauté pan over medium heat. Add cinnamon sticks to warm; do not burn.
2. Add apples to pan and cook until they start to brown and soften.
3. Pour 28 oz of apple juice, honey and molasses onto apples and cook until liquid is reduced by half and slightly thickened.
4. Add sausage and cook just until sausage is warm, approximately 3-5 minutes.
5. Remove cinnamon sticks.
6. In a separate container stir together corn or arrowroot starch with 2 oz of reserved cold apple juice until well incorporated and free of lumps.
7. Stir slurry of starch mixture into the pan with the hot compote. Gently stir and allow the compote to thicken. Remove pan from heat.
8. Reserve warm until ready to serve.

See reverse for Pumpkin Pecan Spice Pancakes recipe.

Sara Lee Products:

Hillshire Farm® Endless Turkey Smoked Sausage 09402

Calories	% Calories from Fat	Fat (g)	Sat Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
380	16	7	2	4	0	20	620	72	6	31	16

Pumpkin Spice Pancakes

Makes 12 servings

Ingredients	Amounts
All-purpose flour	10 oz
Oat bran	9 oz
Sugar	1 oz
Baking powder	2 Tbsp
Pumpkin pie spice	2 tsp
Plain yogurt, non-fat	16 oz
Apple juice, 100%	18 fl oz
Pumpkin puree, canned	10 oz
Corn oil	1 fl oz
Vanilla extract	2 tsp
Egg whites, liquid	11 oz



Directions:

1. In a bowl combine the dry ingredients: flour, bran, sugar, baking powder and pumpkin pie spice.
2. In a separate bowl combine wet ingredients: yogurt, apple juice, pumpkin puree, oil and vanilla.
3. Add wet ingredients to the top of dry ingredients and stir until combined.
4. Beat egg whites to a medium peak; fold into batter.
5. Spray griddle with pan release spray.
6. Ladle 2 oz of batter onto griddle for each pancake.
7. Allow air bubbles to form on top of pancake, about 2-3 minutes, then flip.
8. Continue to cook until pancake appears firm and lightly browned, about 2-3 minutes.
9. Serve 3 pancakes with 3 oz of the Sausage & Cinnamon Apple Compote.

Turkey Smoked Sausage Breakfast Taco Casserole

Makes 12 servings

Ingredients	Amounts
Fresh poblano peppers (mild), diced 1/4"	4 oz
Fresh red peppers, diced 1/4"	4 oz
Fresh white onions, diced 1/4"	6 oz
Whole eggs	8 ea
Skim milk	16 fl oz
Fresh cilantro, chopped	1 oz
Black pepper, fresh ground	2 tsp
Fresh corn tortillas, 1 oz. each, 6", cut in strips	10
Hillshire Farm® Endless Turkey Smoked Sausage Rope, small diced	12 oz
Frozen corn, defrosted, drained dry	6 oz
Canned black beans, rinsed and drained dry	6 oz
Tomato salsa, fresh or prepared	24 oz
Fresh cilantro, chopped	1/2 oz



Directions:

1. Preheat convection oven to 300°F. Lightly coat a 1/2-size 2-inch hotel pan with pan release spray.
2. Spray a sauté pan with pan release and heat over medium-high heat.
3. Add peppers and onion and sauté until tender. Remove from heat and allow to cool slightly.
4. Add the eggs and milk to a bowl and whisk until combined. Stir in herbs and black pepper.
5. Place the tortilla strips, sausage, corn, black beans and pepper-onion mixture in the half pan.
6. Pour egg mixture over the top and stir to distribute the filling evenly.
7. Cover pan and bake in hot oven for about 40-45 minutes until the casserole is set and slightly soft in the middle. Remove cover and continue to bake until the eggs are set and casserole is lightly brown on the top and edges, about 8-10 minutes.
8. Remove from the oven and keep hot for service.
9. Cut in 12 squares and serve with 2 oz of tomato salsa and fresh cilantro leaves.

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Calories	% Calories from Fat	Fat (g)	Sat Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
210	26	6	1.5	7	0	160	650	27	3	8	13

Turkey Smoked Sausage White Bean Ragout with Balsamic Glazed Peppers

Makes 12 servings

Ingredients	Amounts
Olive oil	1 Tbsp
White onion, diced 1/4"	10 oz
Carrot, diced 1/4"	5 oz
Celery, diced 1/4"	5 oz
Tomatoes, skin and seeds removed, diced 1/4"	8 oz
Chicken broth, low sodium (less than 150 mg of sodium/cup)	60 fl oz
Canned white beans, rinsed and drained	50 oz
Fresh thyme, chopped	2 Tbsp
Black pepper, fresh cracked	2 tsp
Fresh flat-leaf parsley, chopped	1 cup
Hillshire Farm® Endless Turkey Smoked Sausage Rope, cut in coins	24 oz



Directions:

1. Heat oil in a saucepan over medium-high heat.
2. Add onions, carrots and celery and cook until tender.
3. Add tomatoes, chicken broth and bring to a simmer.
4. Add the beans, thyme, black pepper, parsley and sausage; simmer until beans are tender and the broth is reduced and thickened. Keep hot for service.
5. Ladle 8 oz of the Sausage White Bean Ragout into a pasta bowl and top with 2 oz of the Balsamic Glazed Peppers.

Balsamic Glazed Peppers

Ingredients	Amounts
Olive oil	2 tsp
Red pepper, stem and seeds removed, medium dice	9 oz
Yellow pepper, stem and seeds removed, medium dice	9 oz
Green pepper, stem and seeds removed, medium dice	9 oz
Balsamic vinegar	2 fl oz
Kosher salt	1/2 tsp
Black pepper, fresh cracked	1/2 tsp

Directions:

1. Place oil in a medium hot pan; add peppers and sauté until tender.
2. Place peppers in a bowl; add balsamic vinegar, salt and pepper and toss.
3. Reserve hot, or cover and refrigerate until ready to serve.

Sara Lee Products:

Hillshire Farm® Endless Turkey Smoked Sausage 09402

Calories	% Calories from Fat	Fat (g)	Sat Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
300	20	6	1.5	5	0	50	720	39	9	7	22

Turkey Smoked Sausage with Warm Cabbage, Apple & Onion Slaw

Makes 12 servings

Ingredients	Amounts
Olive oil	1 fl oz
Apple, peeled, cored and sliced into thin wedges	15 oz
Red onion, peeled, julienned	11 oz
Apple cider vinegar	4 fl oz
Caraway seeds	2 tsp
Green cabbage, cored, fine shred	24 oz
Apple cider, unsweetened	26 fl oz
Kosher salt	1 tsp
White pepper, cracked	2 tsp
Hillshire Farm® Endless Turkey Smoked Sausage Rope	36 oz
Apple cider, unsweetened	24 fl oz



Directions:

1. Heat oil in sauté pan over medium-high heat.
2. Add apple and onions to pan and sauté until onions are translucent and apples start to brown.
3. Add vinegar and caraway seed to pan and continue to cook for additional 2 minutes.
4. Add cabbage and juice to pan and toss to blend.
5. Cook cabbage until wilted and liquid is reduced to a small amount in the pan.
6. Add salt and pepper. Keep slaw warm for service.
7. Cut rope sausage on the diagonal into approximately 1 oz pieces and cut in half.
8. Place sausage in medium hot sauté pan sprayed with pan release.
9. Brown sausage on each side until it is heated through.
10. Add apple cider to the pan and allow to reduce by about half.
11. Alternative Cooking Method: Sausage can be cooked on a hot griddle. Apple cider is placed in a saucepan to reduce by half and then poured over sausage and heated through before removing from the griddle.
12. Place the sausage in the pan with the cabbage and gently toss. Keep hot.
13. Serve approximately 7 oz serving or plate 4 oz portion of warm slaw on a plate with 3 oz of sausage.

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Calories	% Calories from Fat	Fat (g)	Sat Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
220	30	7	1.5	7	0	55	890	23	3	16	14

Turkey Smoked Sausage & Green Chile Posole Soup

Makes 12 servings

Ingredients	Amounts
Olive oil	1 Tbsp
White onion, diced	16 oz
Fresh garlic, minced	2 oz
Hillshire Farm® Endless Turkey Smoked Sausage Rope, cut in coins	12 oz
Chicken broth, low sodium (less than 150 mg sodium/cup)	64 fl oz
Lime juice	4 fl oz
Canned white hominy, rinsed and drained	24 oz
Canned green chilies, diced	6 oz
Tomato, peeled and seeded, diced 1/4"	8 oz
Black pepper, coarsely ground	1 Tbsp
Fresh oregano, chopped	2 Tbsp
Optional Garnish	
Radishes, sliced or julienned	
Cilantro leaves	
Lime wedge	



Directions:

1. Sweat onions in oil over medium heat in large heavy-duty pot until soft.
2. Add garlic and sweat additional 2 minutes.
3. Add remaining ingredients, bringing to a boil, then reducing heat to a low simmer for about 10 minutes. Place in soup warmer for service.
4. Serve 8 oz in a soup bowl and top with fresh radish slices, cilantro leaves and lime wedge.

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Calories	% Calories from Fat	Fat (g)	Sat Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
160	30	5	1	6	0	35	470	17	3	5	10

Turkey Smoked Sausage & Pineapple Fried Brown Rice in Lettuce Cups

Makes 12

Ingredients	Amounts
Sauce	
Soy sauce, low sodium	1 fl oz
Lime juice	2 fl oz
Sugar	1/3 cup
Chicken broth, low fat, low sodium (less than 150 mg sodium/8 oz)	2 1/2 fl oz
White pepper	1 Tbsp
Fried Rice	
Peanut oil	2 fl oz
White onion, diced 1/4"	15 oz
Fresh garlic, minced	2 1/2 Tbsp
Fresh ginger, minced	2 1/2 Tbsp
Hillshire Farm® Endless Turkey Smoked Sausage Rope, cut in half, sliced thin	16 oz
Fresh carrots, grated	15 oz
Fresh snow peas, julienned	13 oz
Brown rice, cooked, chilled	30 oz
Fresh pineapple, small dice	15 oz
Garnish	
Lettuce cups, leaf or iceberg, washed and dried	36 each
Green onion, chopped	3 oz
Fresh lime, quartered	3 ea



Directions:

1. In a small saucepan, whisk the soy sauce, lime juice, sugar, chicken broth and white pepper and bring to a simmer. Whisk to dissolve sugar and reserve warm.
2. In a hot non-stick pan heat the oil and onion, stirring until onion is soft.
3. Stir in the garlic, ginger, sausage, carrots and snow peas; continue to stir until the vegetables are softened.
4. Add the brown rice, pineapple and sauce. Continue to toss until well combined and heated through.
5. Remove from heat and place in pan for service.
6. Serve hot, dividing 9 oz of fried rice evenly among 3 lettuce cups per plate.
7. Garnish the top of the fried rice with a sprinkle of chopped green onions (about 1/4 oz on each). Serve with a lime wedge.

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Calories	% Calories from Fat	Fat (g)	Sat Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
320	28	10	2	5	0	35	670	44	6	17	14

