

**Jennie-O**

Brand



## SAUSAGE SILOG

PORTION  
SIZE:  
**1 SERVING**

Ingredients (yields 100 servings)	Quantity
JENNIE-O® Turkey Sausage Link #614003, 160/cs	200 links
Liquid eggs	2 qt. 1 ½ c. 2 tsp.
Canola oil	1 qt. 1 pt. ¼ c.
Garlic, minced	1 pt. 1 tbsp. 1 tsp.
Whole grain brown rice, parboiled	6 gal. 1 qt.
Cheese sauce	3 qt. ½ c.

### Directions

- Remove product from freezer and thaw under refrigeration for 24-72 hours.
- Prepare turkey sausage according to one of the following cooking methods:
  - CONVECTION OVEN: Preheat to 375°F. From thawed, cook for 6 minutes. (Note: This product can be cooked from frozen for 9 minutes using this cook method.)
  - COMBINATION OVEN: Preheat to 325°F. From thawed, cook for 5 minutes. (Note: This product can be cooked from frozen for 6 minutes using this cook method.)
  - CONVENTIONAL OVEN: Preheat to 400°F. From thawed, cook for 10 minutes. (Note: This product can be cooked from frozen for 13 minutes using this cook method.)
- Cook liquid eggs according to manufacturer's instructions.
- In a large pan or tilt skillet, heat oil over low heat.
- Add minced garlic and cook, stirring occasionally, until a light golden brown.
- Raise heat to high and add rice to pan. Spread rice over the surface of the skillet for about 45 seconds or until rice starts to sizzle. Toss to redistribute and repeat until rice is heated through.
- Place sealed frozen cheese sauce bag in a steamer or in boiling water.
- Heat for 45 minutes or until product reaches serving temperature.

Offer each student one (1) cup of garlic fried rice, 1/4 cup scrambled eggs, two (2) turkey sausage links and top with (or offer on the side) 2 tbsp. cheese sauce to provide 3.5 oz. meat/meat alternate and 2.0 oz. eq whole grain.

Turkey Sausage (2 links): 2.0 oz. Meat/Meat Alternative Whole Liquid Eggs (1.5 Tbsp): 1 oz. eq Meat/Meat Alternate (per FBG 1.5 Tbsp = 1 M/MA) Cheddar Cheese Sauce (2 Tbsp): 0.5 oz. eq Meat/Meat Alternate (per Manufacturer PFS) Brown Rice (1 cup): 2.0 oz. eq Whole Grain Rich (Exhibit A: Grain Requirements For Child Nutrition Programs)

For preparation by a food preparation establishment only, according to the food code or equivalent.

\*Indicates missing Nutrient Information.

### Nutrients Per Serving

Calories	495 cal	Potassium	275 mg*	Calcium	97 mg*
Fat	29 g	Carbohydrates	40 g	Vitamin A	0.2 iu*
Saturated Fat	5 g	Dietary Fiber	2 g	Vitamin C	0.7 mg*
Trans Fat	0 g	Sugars	2 g*	Vitamin D	0 mcg*
Cholesterol	176 mg	Protein	22 g		
Sodium	406 mg	Iron	0.5 mg*		



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