



**St. Charles Hospital**  
Catholic Health Services  
At the heart of health

## **Pulled Turkey Sliders**

### **Ingredients:**

**Yield:** 10-12 Sliders

#### *Turkey:*

1lb- Turkey Thigh, boneless/skinless  
As Needed- Salt and Pepper  
1 cup- BBQ Sauce (you favorite brand)  
1 cup- Salsa (also your favorite brand)

#### *Slaw:*

1 cup- Green Kale (shredded)  
¼ cup- Carrot (shredded)  
¼ cup- Green Cabbage (shredded)  
¼ cup- white balsamic vinegar (or cider vinegar)  
2 TBSP- Sugar, confectionary

### **Method:**

- Season Turkey thighs with salt and pepper, then sear on a hot grill until heavily charred on each side
- Cover seared Turkey thighs with salsa and BBQ sauce and tightly cover.
- Bake at 275\* for 1 ½ -2 hours or until the shred when touched
- Meanwhile, combine all remaining ingredients in a bowl and mix thoroughly
- Take approximately 2 oz.'s of shredded Turkey and place on a slider roll
- Top with slaw and serve

---

For more delicious recipes from the award winning chefs at St. Charles Hospital

Visit <http://www.stcharles.org/recipebox>

