

Turkey Burgers

Make this burger your favorite for taste and nutrition.

Patty ingredients:

- 1 lb. ground turkey breast
- 1 egg
- ¼ cup ketchup
- ¼ tsp salt
- ¼ tsp pepper
- ¼ cup whole-wheat breadcrumbs

Other ingredients:

- 4 small whole-wheat hamburger buns*
- 1 cup sliced mushrooms
- 4 lettuce leaves
- 4 tomato slices
- Optional: pickles, ketchup, mustard

EASY | RECIPE

1. Combine patty ingredients and shape into 4 patties, ½-inch thick.
 2. Broil or grill burgers about 6 inches from heat, 3-4 minutes per side.
 3. Meanwhile, add mushrooms to non-stick skillet heated and lightly sprayed with cooking oil; cook over medium heat until tender, 3-5 minutes.
 4. Split buns in half; toast lightly if you like.
 5. Place patties on bottom halves of buns; add equal portions of mushrooms to each, then stack remaining ingredients.
- *Shop for buns with about 120 calories and at least 3g fiber each.



Makes 4 sandwiches. Per sandwich:

305 calories | 37g protein | 4g total fat | 35g carbohydrates | 6g fiber | 697mg sodium

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