

BEYOND HUNGER

EASY TURKEY BURGERS

Turkey burgers are an incredible alternative to traditional hamburgers. Ground turkey is a lean poultry meat that is rich in protein and low in saturated fat. Plus, it is packed with many vitamins and minerals, such as niacin and vitamin B6. Ground turkey is a great heart-healthy addition to your diet!

Yield: 4 burgers

Serving Size: 1 patty

Ingredients:

- 1 pound **ground turkey**
- 1-2 Tbsp **olive oil**
- 1 Tbsp **Worcestershire sauce**
- ½ tsp **salt**
- ¼ tsp **pepper**
- Whole wheat **hamburger buns** (optional)
- **Toppings of choice** (cheese, lettuce, tomato slices, sliced onions, etc.)

Instructions:

1. In a mixing bowl, gently knead together the ground turkey, olive oil, Worcestershire sauce, salt, and pepper until combined.
2. Form the mixture into four patties that are about ¼ to ½ inch thick. Press your thumb into the middle of the patty to make an indent.
3. Heat the grill to medium-high heat (400 – 450 degrees Fahrenheit). *
4. Cook the burger patties for about 5 minutes each side or until the internal temperature reaches 165 degrees Fahrenheit.
5. Place the cooked patties onto hamburger buns and add toppings of choice (optional). Enjoy!

*** Chef's Note:** If you don't have access to a grill, you can easily make these turkey burgers in the oven! Preheat the oven to 350 degrees Fahrenheit and line a baking sheet with parchment paper. Place the patties onto the baking sheet and bake in the oven for 15 minutes or until the internal temperature reaches 165 degrees Fahrenheit.

Per Serving: Calories 202, Protein 22.3 g, Saturated Fat 2.8 g, Sodium 398.1 mg, Fiber 0 g, Sugars 0.4 g

This recipe was adapted from www.thestayathomechef.com.