

Garden Turkey Burger

When the heat is up in the summer we are bound to eat more hamburgers on the grill compared to our usual consumption. To keep the calories down and the heart healthy why not try turkey burgers! You must be careful when buying ground turkey meat however. To be sure it is lean make sure you buy ground turkey breast. Or choose the ground turkey that says (at least) 90% lean. Then you can be creative and add healthy flavors!

Ingredients

1 pound lean ground turkey breast
1 cup finely chopped red onion
½ cup finely chopped red bell pepper
1 large egg white
¼ cup chopped fresh watercress leaves
3 TBSP teriyaki sauce
1 to 2 TSP jerk seasoning
Freshly ground pepper to taste
A dash of salt (1/2 tsp)
Cooking spray (if you are not using a grill)
6 whole-wheat buns
¼ cup low fat mayo (or mustard)
1 large tomato, slices
Ketchup (optional)

Directions

- 1. In a large bowl, combine ground turkey, chopped onion, bell pepper, egg white, watercress leaves, teriyaki sauce, jerk seasoning, and salt and pepper. Stir until well blended. Form the turkey mixture into six equal patties.**
- 2. Cook burger on the stove or an outside grill...about 3 to 5 minutes on each side over med-high heat. The burgers should not be pink inside.**
- 3. Remove burgers, place on whole wheat buns, top with tomato and low-fat mayo, mustard, and/or ketchup.**

Nutrition Analysis per one burger on bun with toppings

Calories - 267

Fat - 6 grams

Saturated fat - 1 gram

Carbohydrate - 30 grams (can vary depending on type of bread or bun)

Cholesterol - 55 mg

Fiber - 4 grams