

Turkey Burger



These delicious burgers can be cooked any way you want – on the grill or in a skillet. They also freeze very well. The recipe can also be used for meatballs or meatloaf .

Prep Time: 15 minutes

Total Time: 35 minutes

Servings: 6

Ingredients

- 1 ½ pounds ground turkey
- 2 Tbsp seasoned bread crumbs
- 2 Tbsp finely diced onion
- 1 egg white, lightly beaten
- 2 Tbsp chopped fresh parsley
- ½ clove garlic, minced
- ½ tsp salt
- 1/8 tsp ground black pepper

Preparation

1. In a large bowl, mix ground turkey, seasoned bread crumbs, onion, egg white, parsley, garlic, salt and pepper.
2. Form into 6 patties.
3. Cook the patties on the grill or in a skillet over medium heat, turning once, to an internal temperature of 180°F.

Servings per Recipe: 6

Nutrition (per serving): 183 calories, 9.5g total Fat (sat fat 2.6g), 90mg cholesterol, 354mg sodium, 2.3g total carbs, .2g fiber, 20.9g protein

Recipe from allrecipes.com