

Turkey Burger (grilled or pan-broiled)

Ingredients:

- 1 lb. ground turkey
- 1 c. bread crumbs
- 1 egg
- ¼ c. chopped green onion
- 1 Tbsp. mustard
- Nonstick cooking spray

Directions:

- Mix ground turkey, bread crumbs, egg and mustard in large bowl. Shape into patties about ½ inch thick. Spray a large skillet with cooking spray or prepare on a grill. Add patties and cook, turning once to brown other side. Cook to an internal temperature of 165 F (about 10 minutes) and until juices run clear. Serve on wheat bun with toppings of choice.

Makes 4 servings. Per serving: 250 calories, 4 grams (g) fat, 35 g protein, and 35 g carbohydrate.

NDSU EXTENSION
SERVICE