

Turkey Burgers

Enjoy a healthy twist on a hamburger this summer!

Makes: 4 servings
 Prep time: 10 minutes
 Cook time: 10 minutes

Source:
<http://ccesuffolk.org/resources/turkey-burgers>

Ingredients

- 1-pound turkey, ground
- 2 medium onions
- 3 tablespoons lemon juice (or 1 lemon juiced)
- 1/4 teaspoon Worcestershire sauce
- 1/4 teaspoon parsley (dried or fresh)
- Lettuce, 4 leaves
- 4 hamburger buns, whole grain

Directions

1. Chop onions.
2. Combine onions, turkey, lemon juice, Worcestershire sauce and parsley. Mix well.
3. Shape mixture into four patties.
4. Fry in a pan on medium heat or grill until internal temperature reaches 165 degrees F.
5. Serve wrapped in lettuce leaf or on a whole grain bun (optional)

Utensils Needed

- Sharp knife
- Cutting Board
- Mixing Bowl
- Frying Pan



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1 burger (199g)	
Nutrients	Amount
Calories:	180
Total Fat:	8 g
Saturated Fat:	1.5 g
Cholesterol:	50 mg
Sodium:	75 mg
Total Carbohydrates:	9 g
Dietary Fiber:	2 g
Total Sugars:	5 g
Added Sugars:	0 g
Protein	25 g

SHOPPING LIST

Average total cost without oil and seasonings: \$10.79

Average cost/serving: \$2.70

Recipe Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to cart
Ground Turkey 93% Lean (1 lb.)



Add 1 bag to cart
Worcestershire Sauce (10 oz)



Add 2 to Cart
Medium Onions



Add 1 bag to cart
Lettuce Head



Add 1 bag to cart
Lemon Juice (4.5 oz)



Add 1 bag to cart
Whole Wheat Hamburger Buns (8 ct)



Add 1 bag to cart
Fresh Parsley

Cooking Tips

- You can use dry or fresh parsley.
- Lemon juice or juice from one lemon can be used.
- Feel free to add any other toppings, i.e pickles, tomato, ketchup

Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on snapedny.org, such as:
 - Black Bean Burgers
 - Italian Stuffed Peppers