

Turkey Burgers

Makes: 4 Servings

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)

Optional

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)

Total: \$4.93

Per Serving: \$1.23

Source: Simple Healthy Recipes ONIE project - Oklahoma Nutrition Information and Education



Nutrition Facts

4 servings per container
Serving size 1 Burger (199g)

Amount per serving
Calories 180

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 75mg 3%

Total Carbohydrate 9g 3%

Dietary Fiber 2g 7%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 25g

Vitamin D 0mcg 0%

Calcium 21mg 2%

Iron 1mg 6%

Potassium 254mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

