

# Thrilling



## All-American Turkey Burgers

- 1 pound ground turkey
- ½ cup chopped onion
- ¼ cup ketchup
- 1 clove garlic, minced
- ⅛ teaspoon black pepper
- 4 kaiser rolls, sliced
- 4 leaves lettuce
- 4 slices tomato
- 4 slices onion

### DIETARY EXCHANGES:

2½ Starch, 3 Lean Meat, 1 Fat

### NUTRIENTS PER SERVING:

Cal: ..... 379	Cal. from Fat:.. 30 %
Total Fat:..13 g	Sat. Fat:..... 3 g
Carb:..... 37 g	Protein:.....26 g
Chol:..... 59 mg	Sodium: ..... 561 mg
Fiber: ..... 3 g	

1. Preheat charcoal grill for direct-heat cooking.
2. In medium bowl combine turkey, onion, ketchup, garlic and black pepper. Shape turkey mixture into 4 burgers, approximately 3½ inches in diameter.
3. Grill burgers 5 to 6 minutes per side until 165°F is reached on meat thermometer and meat is no longer pink in center.
4. To serve, place each burger on bottom half of roll; top with lettuce, tomato and onion and top half of roll.

*Makes 4 servings*

Favorite recipe from National Turkey Federation

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FROM BURGERS TO FISH, ENJOY THE FLAVOR OF FOODS FROM THE GRILL