

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 www.bmc.org



Southwest Turkey Burgers Servings 6

These low-fat turkey burgers taste great and your heart will love you for it!

Ingredients

- 1 pound ground turkey, 93% lean
- 2 Tbsp green pepper, minced
- 2 Tbsp red pepper, minced
- 2 Tbsp onion, minced
- 1 tsp minced garlic
- 2 Tbsp catsup
- 1 egg
- 1/3 cup bread crumbs
- 1/2 tsp cumin, ground
- 1/4 tsp pepper

Directions:

1. Preheat oven to 400°
2. In a large bowl, combine all ingredients. Mix well. Shape into 6 patties.
3. **To bake:** Place patties on a greased baking sheet. Bake for 20 minutes or until well done in center, or 165°F internal temperature. **To grill:** heat grill on medium-low, grill for about 7 minutes on each side or until well done in center.

Variation: Asian Turkey Burgers

Substitute 2 Tbsp Hoisin Sauce and 1 tsp low-sodium soy sauce for the catsup; substitute 2 Tbsp scallions for the onion; substitute 1/2 teaspoon ground ginger for the cumin.

Nutrition information per serving:

Calories: 216	Carbohydrates: 8g
Total Fat: 7g	Cholesterol: 85mg
Saturated Fat: 2g	Dietary Fiber: 0g
Protein: 25g	Sodium: 253