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 165ºF 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 Calories: