



TURKEY PROTEIN BURGER

SERVES 4

Ingredients

1/4 CUP WHOLE WHEAT BREADCRUMBS
1/2 CUP BUTTERMILK, LOW-FAT
1 POUND GROUND TURKEY BREAST
2 GREEN ONIONS, FINELY CHOPPED
2 TABLESPOONS CHOPPED PARSLEY
1 TEASPOON DIJON MUSTARD
1 DASH WORCESTERSHIRE SAUCE
GROUND BLACK PEPPER, TO TASTE
TOMATO, SLICED, 4 PIECES
LETTUCE, GREEN LEAF, CLEAN, 4 PIECES

Method

COMBINE BREAD CRUMBS AND BUTTERMILK IN A MEDIUM BOWL; MIX WELL. LET SIT FOR 10 MINUTES.
PREHEAT GRILL OR BROILER ON HIGH.
ADD TURKEY, GREEN ONIONS, PARSLEY, MUSTARD, WORCESTERSHIRE SAUCE, AND PEPPER (IF DESIRED) TO BREAD CRUMB MIXTURE; MIX WELL WITH CLEAN HANDS.
SHAPE INTO 4 PATTIES.
GRILL OR BROIL FOR 5 TO 6 MINUTES ON EACH SIDE OR UNTIL PATTIES ARE NO LONGER PINK IN THE MIDDLE.
ONCE PATTIES ARE COOKED, SERVE IN 1 SLICE LEAF LETTUCE WITH 2 SLICES OF TOMATO AND 1 SLICE OF RED ONION.

