

Turkey Burgers

This recipe makes four servings. To make sure the burgers are fully cooked, cut one burger open - if it's still pink in the middle, keep cooking till it's no longer pink.

1 1/2 pounds (675g) lean ground turkey
1/4 cup (60ml) whole wheat bread crumbs
2 cloves garlic, minced
1 teaspoon (5ml) hot sauce - optional
1 teaspoon (5ml) extra virgin olive oil
Pepper to taste

1. In a large bowl, combine the turkey, bread crumbs, garlic, hot sauce, and pepper. Mix well with your hands. Form the mixture into four patties.
2. In a skillet, warm the oil over medium heat. Cook the burgers in the oil for 5 minutes per side, or until they're done (no longer pink in the middle).

Nutrition per serving: Calories (283); Fat (15g); Protein (31g); Carbohydrates (5g); Cholesterol (135mg); Sodium (218mg)

Burger Tips

- In most recipes, ground turkey is a great substitute for ground beef. Lean ground turkey usually contains less fat than lean ground beef.
- We didn't use egg in this recipe because we think it adds unnecessary bad stuff (like cholesterol). But that comes with a price tag: these burgers may crumble a little if you're not careful with them. If you want burgers that are easier to handle and you don't mind a little extra cholesterol, try adding an egg or two (or just the egg whites) to the recipe.
- When freezing leftover raw ground beef, mold it into hamburger patties first. You can then defrost only the amount you need.

This recipe taken from "*The Healthy College Cookbook*", Nimetz, Stanley, Starr: 1999.