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.