Turkey Burgers

About This Recipe

Serves: 4

Mess Rating: 2 (out of 5)

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes

*Have your A.G. (Adult Guide) help you with this

Equipment

1 Cutting board

1 Broiler pan or cookie sheet

1 Spatula

2 Oven mitts

Ingredients

1 1/4 pounds ground turkey breast meat

4 whole wheat hamburger buns

2 tomatoes

4 leaves iceburg lettuce

2 avocados

4 slices low fat cheddar cheese (optional)

Salt and pepper

Preparation:

Step 1: Make the patties:

On a cutting board, divide 1 1/4 pounds of leab ground turkey in four equal size balls. Squish the turkey meatballs with the heel of your hand to form circles that are one inch thick.

Cooking Steps:

Step 2: Season the burgers:

Place the patties on a clean broiler pan or cookie sheet. To season, sprinkle the burgers with a pinch of salt and some ground black pepper. Be sure to wash your hands after touching the raw meat.

Step 3: Broil:

Have your A.G. (Adult Guide) place the burgers until the broiler of the oven and cook them for about 5 minutes, until they just start to turn golden brown. Ask your A.G. to remove the tray from the oven.

Step 4: Flip:

Now that your burgers are out of the oven, use the spatula to flip them over, and sprinkle them with some more salt and pepper. Return the burgers to the oven for another 4-5 minutes, or until golden brown.

Step 5: Make it a cheeseburger:

If you like cheese on your burgers, top each burger with one slice of your favorite cheese during the final minute of cooking.

Step 6: Choose your toppings:

Once you remove the cooked burgers from the oven, use a spatula to but the burgers onto whole wheat buns, and pile whatever veggies you like on top of the burger. We recommend tomato, avocado, and lettuce.

Step 7: Serve:

Serve the turkey burgers to your friends and family. We recommend them with a size of zucchini fries.

Nutrition Information:

Calories: 180 kCal

Protein: 26 grams

Fat: 12.5 grams

Saturated Fat: 2 grams

Sugars: 6 grams

Sodium: 284 mg

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