



Grilled Turkey Burgers

Recipe Source: Better Homes and Gardens

Ingredients:

1 egg
¼ cup fine dry bread crumbs
¼ cup finely chopped green sweet pepper
2 green onions, finely chopped
½ tsp salt
1 pound ground raw turkey
2 Tbsp orange marmalade
5 wheat sandwich buns or English muffins
Optional for topping:
Shredded lettuce
Tomato slices, halved
Onion slices

Steps:

- In a large mixing bowl combine egg, bread crumbs, green pepper, onions, milk, salt, and pepper. Add turkey and mix gently but thoroughly. Shape mixture into five ¾-inch thick patties.
- Grill patties on an uncovered grill directly over medium coals for 6 minutes. Turn patties and brush with marmalade. Grill for 8-12 minutes more or until an instant-read thermometer inserted in side of patty registers 165° F.
- Toast cut sides of buns on grill. Serve patties in buns and, if desired, with lettuce, tomato, and onion.

Tips from the Test Kitchen: Use quick oats instead of bread crumbs. These can be cooked under the broiler in the oven, or on the stove-top in a skillet sprayed with cooking spray over medium heat.

Nutritional Facts: per serving Calories: 320, Carbohydrates: 35 grams, Protein: 26 grams, Total Fat: 9 grams, Saturated Fat: 1 grams, Cholesterol: 89 mg, Sodium: 593 mg, Fiber: 3 grams, Total Sugars: 10 grams.