



Stuffed Turkey Burgers

Recipe Source: Ellie Krieger on www.foodnetwork.com

Serves 4

Ingredients:

1 ¼ lbs lean ground turkey breast
½ cup chopped roasted red peppers, divided
½ cup shredded part-skim mozzarella cheese, divided
Salt
Freshly ground black pepper

Steps:

- Divide turkey into 4 equal rounds. Make 2 patties out of each round so you have 8 patties total.
- Sprinkle 4 of the patties with 2 Tablespoons each of roasted red peppers and cheese. Top with remaining patties, working the turkey around the edges to seal the burgers closed. Season with salt and a few grinds of pepper.
- Grill or broil until cooked through, 5-7 minutes per side, and until internal temperature reaches 165°F.

Tips from the Test Kitchen: These burgers are delicious served without a bun, alongside roasted sweet potatoes and a green salad. They can easily be suited to your preference! Variations include using a different type of cheese inside, topping with pesto, or adding diced sautéed onions and mushrooms to the filling. If you want to save time, don't worry about stuffing the burgers. Just use your hands to gently combine the turkey with the cheese and red peppers in a bowl, then divide into 4 patties and cook as directed.

Nutritional Facts: per serving Calories: 236, Carbohydrates: 2 grams, Protein: 31 grams, Total Fat: 12 grams, Saturated Fat: 2 grams, Cholesterol: 90 mg, Sodium: 341 mg, Fiber: 0 grams, Total Sugars: 2 grams.