



Honey-Mustard Turkey Burgers

Burgers made with ground turkey are a lean alternative to beef burgers, providing you choose turkey ground from the breast. A honey-mustard mixture keeps these low-fat patties moist and succulent.

Ingredients

- 1/4 cup coarse-grained mustard
 - 2 tablespoons honey
- 1 pound ground turkey breast
 - 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
 - 2 teaspoons canola oil
- 4 whole-wheat hamburger rolls, split and toasted
- Lettuce, tomato slices and red onion slices, for garnish

Preparation

1. Prepare a grill.
2. Whisk mustard and honey in a small bowl until smooth.
3. Combine turkey, 3 tablespoons of the mustard mixture, salt and pepper in a bowl; mix well. Form into four 1-inch-thick burgers.
4. Lightly brush the burgers on both sides with oil. Grill until no pink remains in center, 5 to 7 minutes per side. Brush the burgers with the remaining mustard mixture. Serve on rolls with lettuce, tomato and onion slices.

Per serving: 317 calories; 11g fat (3g sat , 2g mono); 65mg cholesterol; 31g carbohydrates; 26g protein; 3g fiber; 593mg sodium

***Courtesy of Dr. Catherine A. Hebert
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