



BODYBUILDING.com™

Italian Turkey Burgers

Nutrition: Makes 8 (5 oz burgers)

144 calories

1 g fat

3.5 g carbs

27.6 g protein

Ingredients:

2 packages of ground extra lean turkey breast

4 medium zucchini, grated

1/2 tsp salt

1 tsp garlic powder

2 tsp onion powder

2 tsp dried basil

1 tsp oregano

1 tsp black pepper

Directions:

Set broiler on high, arranging rack so that burgers will be about 2 inches from the heat.

In a large bowl, combine grated zucchini, salt, onion powder, garlic powder, dried basil, oregano, pepper and then turkey. Mix well and scoop out 4 to 5 oz portions. Mixture will be really moist so for easier clean up, use a foil lined baking sheet, prepped with non-stick spray.

Place burgers in oven and broil for 7 minutes. Carefully flip each burger and continue to broil for another 7 minutes on the other side. Serve warm.

*These are great at meatballs too! Make with spaghetti squash for a low carb meal.