



Lettuce-Wrapped Turkey Burgers

Ingredients:

- 1 lb ground turkey
- 1/2 sliced red bell pepper
- 1/4 onion chopped
- 3 green onions sliced
- 2 tbsp egg white
- 2 tbsp Bragg's Liquid Aminos or low-sodium soy
- 1 tsp garlic powder
- 1 tsp ginger
- 1 tsp chili flakes
- 4 leaves of butter leaf lettuce



Directions:

1. Combine all ingredients in a bowl and mix well.
2. Form mixture into 4 oz patties.
3. Grill or fry on greased pan for five minutes on each side or until thoroughly cooked.
4. Wrap with butter leaf lettuce and top with your favorite sauce.

Nutrition Facts Per Serving

(Makes 4 servings)

Calories: 255

Fat: 12 g

Carbs: 6 g

Protein: 33 g