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Microwave Turkey BLT

Ingredients:

Ground 93% lean turkey, raw, 5oz.

Bacon, 2 slices

Reduced-fat cheddar, 1 slice

Whole-wheat bun (or Portobello mushroom caps for lower-carb solution), 1

Italian seasoning or no-salt herb seasoning, 1 tsp

Garlic, 1/2 tsp

Smoked paprika, 1 tsp

Chopped green onions, 1/4 cup

Salt and pepper one pinch

Lettuce for garnish

Tomato for garnish

Dijon mustard for garnish

Shredding Boost: Replace wheat buns with mushroom caps.

Here's how to do it:

1. Remove the stems from 2 large Portobello mushroom caps, and scrape out the insides using a spoon. Spray the caps with olive oil, and cook in the microwave for 30-45 seconds.
2. Once finished cooking, place the caps on a paper towel and allow them to dry out for 2 minutes.

Directions:

1. In a bowl, season the turkey with Italian or herb seasoning, garlic, smoked paprika, green onion, and sea salt and pepper. Mix and form into a patty.
2. Slice the bacon in half, and create a mini bacon grid for your burger.
3. Cook the bacon in the microwave for 2-1/2 to 3 minutes. Be careful not to let it burn. Allow the bacon to cool and harden.
4. Place the patty in the microwave and cook for 3 minutes. After that, place a slice of cheddar on top and cook for an additional 30-45 seconds.

5. Lastly, assemble the burger. Place the Dijon, lettuce, tomato, patty, and bacon grid on the bun. For a lower-carb solution, use Portobello mushroom caps instead of whole-wheat buns.