



Turkey Burgers

Ingredients:

2 pounds ground turkey meat
¼ cup raw oats
1/8 cup finely diced onion
1 egg white, beaten
1 tbsp. chopped parsley
1/2 tsp. minced garlic
sprinkle of salt and pepper to taste
4 whole wheat burger buns or English muffins

Directions:

Combine the ground turkey, oats, onion, egg white and spices in a large bowl until well mixed.

Form into 8 patties and then cook on the grill or in a skillet over medium heat for 5-6 minutes per side or until brown.

Serve with whole wheat burger buns smeared with a little mustard and topped with a tomato and spinach leaf.

Nutrition information (makes 4 servings): 243 calories, 29 grams of carbs, 5 grams of fat, 29 grams of protein