

Turkey Burger



5 servings

Low Cal | Low-Carb | Low-Chol | High-Protein

INGREDIENTS

- 1.5 cups onion, finely chopped
- 1 tbsp garlic, minced
- 1 tsp olive oil
- 1 medium carrot, dice 1/8 in.
- 3/4 lb shiitake mushrooms, sliced
- 1 tsp salt
- 0.5 tsp ground black pepper
- 1.5 tsp Worcestershire sauce
- 0.33 cup thyme, finely chopped
- 0.33 cup basil, chopped
- 1 cup fine fresh bread crumbs (from 2 slices firm white sandwich bread)
- 1.25 ground turkey (mix of dark and light meat)
- 2 tbsp ketchup
- Preparation:
- Preheat oven to 400°F.

DIRECTIONS

1. Cook onion and garlic in oil in a 12-in. nonstick skillet over moderate heat, stirring until onion is softened (about 2 min).
2. Add carrot and continue stirring until softened (about 3 min). Add mushrooms, 0.5 tsp salt, and 0.25 tsp pepper and cook, stirring occasionally, until liquid mushrooms give off is evaporated and mushrooms are very tender (about 10-15 min). Stir in Worcestershire sauce, thyme, and basil. Transfer vegetables to a large bowl and cool.
3. Stir together bread crumbs and a minimal amount of milk or water in a small bowl and let stand 5 minutes. Add to vegetables.
4. Add turkey and remaining 0.5 tsp salt and 0.25 tsp pepper to vegetable mixture, and mix well with hands. (Mixture will be very moist.)
5. Form into patties and place in a lightly oiled metal baking pan; brush evenly with 2 tbsp ketchup. Broil or bake in oven until thoroughly cooked.

NOTES: This turkey burger recipe is appropriate for low calorie, high protein, low carbohydrate and low cholesterol diet regimens. .



NUTRITION FACTS: Calories: 364 Total fat: 15.4 g Saturated fat: 2.5 g Trans fat: 0 g
Cholesterol: 115 mg Sodium: 691 mg Total carbohydrates: 9.3 g Dietary fiber: 3.4 g
Sugars: 2.8 g Protein: 35.4 g

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