

RECIPE

# Turkey Burger

1 serving

**JUICY, FLAVORFUL, AND LIGHT-ER** than a traditional beef burger, these turkey burgers are the perfect balance of healthy and satisfying, especially in the summer. Made with lean ground turkey, simple seasonings they cook up tender and delicious every time.

**INGREDIENTS**

- 1 tsp extra-virgin olive oil
- 3 oz 93% lean ground turkey
- Salt and pepper to taste
- 1 cup green beans
- 2 tsp yellow mustard
- 1 high-fiber burger bun
- 1 lettuce leaf
- 1 slice tomato
- 1 thin slice red onion



**INSTRUCTIONS**

- 1 **HEAT** oil in a small skillet over medium. Form turkey into patty and season with salt and pepper.
- 2 **COOK** until cooked through, about 4 minutes per side.
- 3 **BRING** an inch of water to a boil in a small pot.
- 4 **ADD** green beans, cover, and steam until crisp-tender, 4 to 5 minutes; drain and season with salt and pepper.
- 5 **SPREAD** mustard on bun. Build burger with patty, lettuce, tomato, and onion.
- 6 **SERVE** with beans.

**NUTRITIONAL INFO PER SERVING**

CALORIES

408

PROTEIN

32g

FIBER

5g