

Simple Turkey Burger

Using ground turkey as a substitute for ground hamburger is a great way to reduce some unwanted fats and calories. With all the seasonings and sauces, your turkey burger will be juicy and delicious. Top it off with some tomatoes, lettuce and pickles for some extra flavor with very little added calories.

Recipe Type: Barbecue, Main Dish, Sandwich

Degree of Difficulty: Easy

Ingredients

2 lbs Ground turkey breast, 99% fat free
2 each Eggs, beaten
2 tsp Worcestershire sauce
2 tsp Liquid smoke
1 tsp Garlic powder
1 tsp Onion powder
2 tsp Steak Seasoning
½ cup Bread crumbs, seasoned
8 each Whole Wheat buns



Directions

- 1 Lightly spray grill with cooking spray to prevent sticking.
- 2 Preheat the grill to medium low / medium heat.
- 3 Using a large bowl, mix all the ingredients together.
- 4 Form turkey mixture into 12 even patties.
- 5 Place burgers on the grill and cook for approximately 4 - 6 minutes per side or until no longer pink.
- 6 Serve on whole wheat buns for a healthier turkey burger.

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Total Time: 22 minutes

Nutrition Facts

Nutrition (per serving): 299 calories, 4.6g total fat, 1.5g saturated fat, 116.5mg cholesterol, 342.1mg sodium, 29.8g carbohydrates, 4.4g fiber, 2.6g sugar, 36.6g protein.

Servings: 8

Yield: 8 Burgers

Weight Watchers Points

Note: The WW Freestyle SmartPoints do not include the nutrition for the ground turkey breast or eggs.

Orig. WW Pts: 6

Points Plus: 7

Smart Points: 6

FreeStyle Smart Points: 5

Tips

Try alternating this recipe to fit your special flavors. Add mushrooms, cheese, onions or whatever you like. Just make sure to adjust the nutritional information to make sure you still know the full calorie content.