

Stuffed Turkey Burger

Skip the bun with this burger recipe. With all the goodness inside, this is better eaten with a fork than your fingers.

Recipe Type: Barbecue, Main Dish

Degree of Difficulty: Moderately difficult

Ingredients

1 lb Ground Turkey Breast, 99% fat free
¼ cup Quick cooking oats
1 Egg
½ tsp Garlic powder
dash Pepper
½ cup Onion, chopped
¼ cup Dill pickle relish, drained
2 Tbs Catsup
2 tsp Prepared mustard
2 Reduced-calorie and low-sodium American cheese, slices
6 Lettuce leaves washed and dried
4-6 Tomato slices



Directions

- 1 Prepare charcoal grill for direct-heat cooking. Lightly spray with cooking spray.
- 2 In medium-size bowl combine turkey, oats, egg, garlic powder and pepper.
- 3 On pieces of 10x11 wax paper, shape turkey mixture into 8 circles, approximately 6" diameter.
- 4 Sprinkle half the turkey patties with onions, relish and any additional seasonings leaving about a ½ inch border around the outside edges.
- 5 Top with catsup and mustard. Cut the cheese into 4 equal strips and arrange on top of patty.
- 6 Place remaining turkey patties (the unprepared ones) on top of the cheese.
- 7 Press the turkey mixture together around the edges to seal in the ingredients.
- 8 Place burgers onto grill and cook for approximately 8 minutes per side.
- 9 To serve, cut burger into fourths. Serve with lettuce and tomato slices if desired.

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 16 minutes

Total Time: 26 minutes

Nutrition Facts

Nutrition (per serving): 247 calories, 10.6g total fat, 2.9g saturated fat, 126.4mg cholesterol, 413.7mg sodium, 10.7g carbohydrates, 1.6g fiber, 4.5g sugar, 27.9g protein.

Servings: 4

Yield: 4 burgers

Weight Watchers Points

Note: The ground turkey breast, eggs and veggies are not included in the WW Freestyle SmartPoints. All other points do not include the veggies.

Orig. WW Pts: 5

Points Plus: 6

Smart Points: 6

FreeStyle Smart Points: 1

Tips

Use a flat metal spatula for flipping burgers. Make sure they are well grilled and come off the grill fairly easily. Since turkey has less fat than hamburger, you will want to use some cooking spray to make flipping the burgers easier.