

Grilled Turkey Burgers

Be sure to choose ground turkey breast instead of regular ground turkey, which may be a mixture of light and dark meat. If your store doesn't stock ground turkey breast, ask the butcher to grind 12 ounces of turkey breast.

CARB GRAMS PER SERVING: 26

Ingredients

- ½ cup finely shredded carrot
- ¼ cup thinly sliced green onions
- 2 tablespoons fine dry bread crumbs
- 2 tablespoons fat-free milk
- ¼ teaspoon dried Italian seasoning, crushed
- ¼ teaspoon garlic salt
- ⅛ teaspoon black pepper
- 12 ounces uncooked ground turkey or chicken breast
- ¼ cup Dijon-style mustard
- ½ teaspoon curry powder
- 4 whole wheat hamburger buns, split and toasted
- Lettuce leaves (optional)
- Sliced tomato (optional)

Directions

- 1.** In a medium bowl stir together carrot, green onions, bread crumbs, milk, Italian seasoning, garlic salt, and pepper. Add ground turkey; mix well. Form the turkey mixture into four ½-inch-thick patties.
- 2.** Place patties on the greased rack of an uncovered grill directly over medium coals. Grill for 11 to 13 minutes or until patties are done (165° F),* turning once halfway through grilling time.
- 3.** Meanwhile, in a small bowl stir together mustard and curry powder. Spread buns with mustard mixture. Top with burgers and, if desired, lettuce and tomato. Makes 4 servings.

TO BROIL: Place patties on the unheated greased rack of a broiler pan. Broil 4 to 5 inches from the heat for 11 to 13 minutes turning once halfway through broiling time.

*NOTE: The internal color of a burger is not a reliable doneness indicator. A turkey or chicken patty cooked to 165° F is safe, regardless of color. To measure the doneness of a patty, insert an instant-read thermometer through the side of the patty to a depth of 2 to 3 inches.



Nutrition Facts

Calories	287
Total Fat	11g
Saturated Fat	3g
Cholesterol	68mg
Sodium	470mg
Carbohydrate	26g
Fiber	3g
Protein	20g

Diabetic Exchanges

Starch (d.e.)	1.5
Vegetables (d.e.)	.5
Medium Fat Meat (d.e.)	2