

Basil Turkey Burgers

Makes 5 burgers

1 package (20 oz) ground turkey
1 Tbsp chopped fresh basil
1 Tbsp Worcestershire sauce
1 tsp onion powder
1/2 cup Italian bread crumbs
5 whole wheat hamburger buns

Mix turkey, basil, Worcestershire sauce, onion powder and bread crumbs in large bowl. Shape into 5 patties; place in refrigerator until ready to grill. Prepare grill (or nonstick grill pan) over medium heat. Add patties to grill, cooking 7-8 minutes on each side until cooked through (internal temperature should reach 165°F). Serve in buns, top with accompaniments.

Suggested accompaniments: sliced tomatoes, lettuce, mustard, light mayo, ketchup, onions, slice avocado

Nutrition information per turkey burger: 300 calories, 8g fat (2g saturated fat), 24g protein, 300mg sodium.

