

THE BEST TURKEY BURGER EVER

For cancer prevention, try replacing any recipe that requires ground beef with ground turkey- spaghetti, chili, meatloaf, burgers or tacos... The American Institute for Cancer Research suggests eating no more than 18 oz. (cooked weight) per week of red meats, like beef, pork and lamb, and avoid processed meat such as ham, bacon, salami, hot dogs and sausages. This savory turkey burger recipe was designed for the hearty BBQ lover, so no need to miss the beef!

RECIPE

1 lb ground turkey, dark meat

1 tsp Dijon mustard

1 1/2 tbsp balsamic vinegar

1 1/2 tbsp Worcestershire sauce

1 garlic clove, crushed and minced

1 tsp paprika

1/4 tsp salt

1/4 tsp cracked pepper

1 tbsp olive oil or olive oil spray

4 whole wheat buns (or whole wheat sandwich thins for a lighter entree!)

Toppings: 1 large avocado, 1 cup alfalfa sprouts, 1/2 red onion thinly sliced, 1/4 cup Dijon mustard

Heat grill to medium-high heat. In a small bowl stir minced garlic, Dijon mustard, balsamic vinegar, Worcestershire, salt, pepper, and paprika with a whisk until combined. Pour over ground turkey and mix until fully incorporated- take care not to overwork the mixture. Shape into four 3/4" patties. Brush or lightly spray each side with olive oil. Grill patties until firm and browned with all pink gone from center, about 3 to 5 minutes per side. Serve on toasted buns with Dijon mustard, 1/4 mashed avocado, alfalfa sprouts, and thinly sliced red onion. Makes 4 servings.

Tip: Swap fries with fruit or side salad to optimize the nutrition in your meal!

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