

Blue is Better Recipe (Serves 4) Basil Turkey Burgers

Ingredients

- 1/4 c. fat-free mayonnaise
- 2 Tbsp minced fresh basil, divided
- 1/4 c. fat-free milk
- 2 Tbsp. finely chopped onion
- 1 Tbsp. whole wheat dry bread crumbs
- 1/8 tsp pepper
- 12 oz. lean ground turkey
- 4 whole wheat hamburger buns, split
- 4 lettuce leaves
- 1 large tomato, sliced

Preparation Instructions

1. In a small bowl, combine mayo & 1 Tbsp. basil. Cover & refrigerate until serving. Coat grill rack with cooking spray before starting the grill. In a bowl, combine the milk, onion, bread crumbs, pepper & remaining basil. Crumble turkey over mixture & mix well. Shape into 4 patties.
2. Grill, covered, 5-6 minutes on each side or until meat is no longer pink. Serve on buns with lettuce, tomato & basil mayo.



NUTRITION FACTS

Serving Size

1 burger with 1 Tbsp. mayo

Amount Per Serving:

Calories	305
Calories from Fat.....	99
Total Fat	11 g
Saturated Fat.....	4 g
Cholesterol	69 mg
Sodium	567 mg
Carbohydrate	31 g
Dietary Fiber.....	2 g
Protein	21 g