

Turkey Burger

Recipe makes: 6 servings (1 burger per serving)

Preparation time: 20 minutes

Cook time: 15 to 20 minutes

Equipment: one set of measuring spoons, one knife, one cutting board, one large mixing bowl, one fork, one large frying pan, one stove or hot plate, two large plates, one small plate, one spatula, one meat thermometer, one toaster or oven, one butter knife

What you need to make this recipe:

- 1 pound (0.5 kg) ground turkey
- 1 ½ tablespoons plain breadcrumbs
- ½ tablespoon onion powder
- 1 egg, lightly beaten
- 1 tablespoon minced fresh parsley or 1 teaspoon dried parsley
- 1 clove garlic, peeled and minced
- ¼ teaspoon salt
- ¼ teaspoon pepper
- Cooking spray or butter
- 6 whole wheat burger buns, cut in half
- 3 tablespoons ketchup
- 3 tablespoons mayonnaise
- 3 tablespoons yellow mustard
- 6 slices low-fat cheddar cheese
- 6 slices of tomato
- 6 slices of onion
- 6 pieces of iceberg lettuce

How to make Turkey Burgers:

1. Put the turkey, breadcrumbs, onion powder, egg, parsley, garlic, salt, and pepper in a large mixing bowl. Mix with a fork until well combined.
2. Using clean hands, shape about 1/3 cup of the turkey mixture into a patty about 2 cm (¾ inch) thick and put the patty on a plate. Repeat until all the turkey mixture has been used.
3. Grease a large frying pan with cooking spray or butter.
4. Put the pan on a stove or hotplate and turn the heat on to medium.
5. When the pan is hot, put 3 to 4 patties in the pan.
6. Cook the patties for 4 to 5 minutes, then flip using a spatula. Cook the patties for another 4 to 5 minutes or until they reach an internal temperature of 74°C (165°F).
7. Using a spatula, move the cooked patties to a clean plate.
8. Repeat Step 5 to 7 until all the patties are cooked.
9. Toast the bun halves in a toaster or oven until lightly toasted.
10. Put ½ tablespoon of each ketchup, mayonnaise, and mustard onto the cut side of one bun half.
11. Put one turkey patty on top of the condiments. Then put one slice of each cheese, tomato, and onion, and one piece of lettuce on top of the patty. Put the other half of the bun cut-side-down on top of the lettuce.
12. Repeat Step 10 and 11 until all the burgers are made.

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Nutrition Facts		
Per 1 serving (1 burger)		
Calories	360	% Daily Value*
Fat 12 g		16 %
Saturated 4 g		21 %
+ Trans 0.1 g		
Carbohydrate 31 g		
Fibre 4 g		14 %
Sugars 7 g		7 %
Protein 23 g		
Cholesterol 100 mg		
Sodium 810 mg		35 %
Potassium 300 mg		6 %
Calcium 300 mg		23 %
Iron 2.5 mg		14 %
5% or less is a little , 15% or more is a lot		
Nova Scotia School Food and Beverage Standard: Maximum		

Allergy information:

Contains wheat, gluten, egg, and milk.

About this recipe:

To check the internal temperature of a food, insert the tip of a clean food thermometer into the thickest part of the food. The tip of the thermometer should be in the middle of the food. Wait about 15 seconds, or until the temperature stops increasing, before reading the temperature.

Substitutions:

To make this recipe gluten-free, use certified gluten-free breadcrumbs and burger buns.

To make this recipe milk-free, use milk-free burger buns and a plant-based cheese product.

Storage information:

The turkey patties can be stored in an airtight container in the fridge for up to 2 days or in the freezer for up to 4 months.

Sliced cheese can be stored in an airtight container in the fridge for up to 4 days.

Sliced tomato, sliced onion, and washed lettuce can be stored in an airtight container in the fridge for 3 to 4 days.



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