

Ginger Turkey Mini Burgers

*All-Time Favorites - 2013 Cookbook
Better Homes and Gardens Magazine*

Servings: 4

*1 egg white, beaten OR 2 tablespoons
refrigerated egg product
2 tablespoons snipped fresh cilantro
2 tablespoons quick-cooking rolled
oats
2 cloves garlic, minced
1/2 teaspoon grated fresh ginger
1/2 teaspoon reduced-sodium soy
sauce
8 ounces uncooked ground turkey
breast
4 whole-grain cocktail-size hamburger
buns, split
1/4 avocado
2 tablespoons chopped tomato
thinly sliced red onion and/or torn
dark leafy greens (optional)*

Preparation Time: 20 minutes

grill: 10 minutes

In a medium bowl, combine the egg white, cilantro, rolled oats, half of the garlic, the ginger and soy sauce. Add the ground turkey breast and mix well. Using damp hands, shape into four 1/4-inch-thick patties.

For a charcoal grill, grill the patties on the greased rack of an uncovered grill directly over medium coals for 10 to 12 minutes or until done (165 degrees), turning once.

For a gas grill, preheat the grill. Reduce the heat to medium. Place the patties on the grill rack over heat. Cover and grill for 10 to 12 minutes or until done (165 degrees), turning once.

Meanwhile in a small bowl, use a fork to coarsely mash the avocado. Stir in the chopped tomato and the remaining garlic.

To serve the burgers, spread a thin layer of the avocado mixture on the bottom half of each bun. Add the patties. If desired, top with red onion and/or dark leafy greens.

Per Serving (excluding unknown items): 24 Calories; 2g Fat (66.8% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 27mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 1/2 Fat.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	24
% Calories from Fat:	66.8%
% Calories from Carbohydrates:	26.7%
% Calories from Protein:	6.5%
Total Fat (g):	2g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	27mg
Potassium (mg):	95mg
Calcium (mg):	5mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	3mg
Vitamin A (i.u.):	112IU
Vitamin A (r.e.):	11RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	9mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	24	Calories from Fat: 16
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% Daily Values*

Total Fat	2g	3%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	27mg	1%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	2%
Protein	trace	
Vitamin A		2%
Vitamin C		4%
Calcium		0%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.