



## Bunless Turkey Burger Kebabs



1/6th of recipe (1 burger skewer): 138 calories, 6g total fat (2g sat fat), 543mg sodium, 10.5g carbs, 2g fiber, 4.5g sugars, 11.5g protein

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 3\***

**Prep:** 15 minutes    **Cook:** 10 minutes



More: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

### Ingredients

2 tbsp. ketchup  
1 tbsp. yellow mustard  
18 frozen precooked turkey meatballs, mostly thawed  
1 medium onion, cut into 1-inch chunks  
18 hamburger dill pickle chips  
12 cherry tomatoes

### Directions

In a large bowl, mix ketchup with mustard. Add meatballs, and toss to coat.

Alternately thread meatballs with remaining ingredients onto 6 skewers.

Bring a grill sprayed with nonstick spray to medium-high heat. Grill skewers for 5 minutes with the grill cover down.

Flip skewers. With the grill cover down, grill for 5 more minutes, or until meatballs are heated through and onion has softened.

MAKES 6 SERVINGS

**HG Tip:** If using [wooden skewers](#), soak them in water for 20 minutes to prevent burning.

**HG Alternative:** No grill? No problem. Use a nonstick grill pan on the stove (like [this fantastic find over on Amazon](#)) and adjust cook times accordingly.

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.