



Bunless Turkey Burger Kebabs



1/6 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

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



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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

These are fun AND easy to make! [Click to see.](#)

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.

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