



Totally Thai Turkey Burgers



1/4th of recipe (1 patty with 1/4 cup slaw): 224 calories, 10g total fat (3g sat. fat), 423mg sodium, 7.5g carbs, 1.5g fiber, 4.5g sugars, 25.5g protein

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



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Ingredients

Slaw

- 1 1/4 cups bagged cole slaw mix
- 2 tbsp. Thai peanut salad dressing or sauce with 65 calories or less per 2-tbsp. serving
- 1 tbsp. chopped peanuts

Burgers

- 1 lb. raw lean ground turkey (7% fat or less)
- 1/2 cup shredded carrots, finely chopped
- 1/3 cup chopped scallions
- 2 tbsp. egg whites (about 1 large egg's worth) or fat-free liquid egg substitute
- 2 tbsp. Thai peanut salad dressing or sauce with 65 calories or less per 2-tbsp. serving
- 1 tbsp. chopped fresh cilantro
- 1 tsp. chopped garlic
- 3/4 tsp. ground ginger
- 1/4 tsp. salt
- 1/8 tsp. black pepper

Directions

In a medium bowl combine all slaw ingredients. Mix well, and refrigerate until ready to serve.

In a large bowl, thoroughly mix all burger ingredients. Evenly form into 4 patties about 1/2 inch thick.

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

Flip patties. With the grill cover down, grill for 5 more minutes, or until cooked through.

Top each patty with 1/4th of the slaw (about 1/4 cup).

MAKES 4 SERVINGS

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