



Turkey Burgers with Cranberries

Serves 12

3 pounds ground turkey
½ cup diced onions
3 garlic cloves, minced
1 Tbsp Italian seasoning
1 egg
¼ cup bread crumbs

1 cup cranberry sauce, canned
1 granny smith apple, sliced
1 red onion, sliced
Salt and pepper
Whole wheat buns

Combine turkey, onions, garlic, Italian seasoning, egg and breadcrumbs. Form into patties. Place on broiler pan into 400-degree oven for approximately 15 minutes.

Place patty on bun. Top with cranberry sauce, apple slice, onion slice and season with salt and pepper. Enjoy!

Nutritional Analysis

Serving Size: One Turkey Burger with condiments and bun

Calories	279
Fat	11g
Saturated Fat	3g
Protein	23g
Cholesterol	107mg
Carbohydrates	24g
Sodium	258mg

Diabetic Exchanges

Protein	3.5
Carbohydrate	1.5
Fat	2