



Broiled Turkey Burgers

Recipe Courtesy Chef Bryan Woolley

2 pounds ground turkey
3 garlic cloves, minced
4 green onions, chopped
¼ cup cranberry sauce
1 tbsp Italian herb blend
1 egg
salt and freshly cracked pepper
Favorite burger toppings
Onions, lettuce, tomatoes...

1. In a large bowl combine ground turkey, garlic, green onions, cranberry sauce, Worcester sauce, Italian herb blend, and egg. Blend all together. Form 6 patties.
2. Grill turkey burgers until done. (Temp should be 170 internally).
3. Top with favorite condiments.
4. Lightly spray burger buns with olive oil and lightly grill before serving.
5. Serve and Enjoy!

Nutrition Facts

Serving Size: 1/6 recipe or one patty with wheat bun

Calories	423
Total Fat	15g
Saturated Fat	4g
Cholesterol	155mg
Sodium	467mg
Carbohydrate	34g
Dietary Fiber	5g
Protein	36g

Diabetic Exchanges

Protein	5
Fat	3
Carbohydrate	2